

Saturday 13th May 2017

All athletes should register at least 45 minutes before their event time, Pole Vaulters should register one and a half hours before. Equipment should be checked in and weighed one hour before your event.

Please ensure you keep your numbers if you are competing on both days, and also you **must ensure that you register to compete on both days before you enter the stadium.** If you wish to withdraw from an event please inform the team at registration.

Track Events

1	10:00	2000 Race Walk	U13 Boys & Girls		FINAL
		3000 Race Walk	U17W/SW/SM		FINAL
2	10:30	300m Hurdles	U17 Women		FINAL
3	10:35	400m Hurdles	Senior Women		FINAL
		400m Hurdles	Junior Women		FINAL
4	10:40	400m Hurdles	U17 Men		FINAL
5	10:50	80m	U13 Girls	Heats	
6	11:05	100m	U17 Women	Heats	
7	11:15	100m	U15 Girls	Heats	
8	11:30	100m	Senior Men	Heats	
9	11:40	100m	Junior Men		FINAL
10	11:50	100m	U13 Boys	Heats	
11	12:00	1,500m	U17 Women		FINAL
12	12:10	1,500m	U15 Girls		FINAL
13	12:20	1,500m	Senior Men		FINAL
14	12:30	1,500m	Junior men		FINAL
15	12:40	80m	U13 Girls	Semi-Final	
16	12:45	100m	U15 Girls	Semi-Final	
17	12:50	800m	U15 Boys	Heats	
18	13:00	800m	U17 Men		FINAL
19	13:10	3,000m	U15/U17/Junior/Senior Women		FINAL
20	13:30	80m Hurdles	U15 Boys		FINAL
21	13:35	100m Hurdles	Junior/Senior Women		FINAL
22	13:45	100m Hurdles	U17 Men		FINAL
23	13:50	80m	U13 Girls		FINAL
24	13:55	100m	U17 Women		FINAL
25	14:00	100m	U15 Girls		FINAL
26	14:05	100m	Senior Men		FINAL
27	14:10	100m	U13 Boys		FINAL
28	14:15	400m	Senior Men	Heats	
29	14:25	400m	Junior Men		FINAL
30	14:30	800m	Junior Women		FINAL
31	14:35	800m	Senior Women		FINAL
32	14:40	800m	U13 Girls	Heats	
33	14:55	800m	U13 Boys	Heats	
34	15:05	300m	U15 Girls	Heats	
35	15:15	300m	U17 Women	Heats	
36	15:25	200m	U17 Men	Heats	
37	15:35	200m	U15 Boys	Heats	

38	15:45	200m	Senior Women	Heats	
39	15:55	200m	Junior Women	Heats	
40	16:00	3,000m S/Chase	Senior Men		FINAL
		2,000m S/Chase	Junior men		FINAL
		1,500m S/Chase	U17 Men		FINAL
41	16:15	3,000m	U15 Boys/U17 Men		FINAL
42	16:30	800m	U15 Boys		FINAL
43	16:35	300m	U15 Girls		FINAL
44	16:40	300m	U17 Women		FINAL
45	16:45	200m	U17 Men		FINAL
46	16:50	200m	U15 Boys		FINAL
47	16:55	200m	Senior Women		FINAL
48	17:00	200m	Junior Women		FINAL
49	17:10	400m	Senior Men		FINAL
	Field Events				
F1	10:00	Discus	U15 Girls		
F2	10:00	Shot	U17 Men		
F3	10:10	Hammer	Junior/Senior Women		
F4	10:15	Triple Jump	U17 Women & Junior/Senior Men		
F5	11:00	High Jump	Junior/Senior Women		
F6	11:20	Discus	U17 Women		
F7	11:25	Shot	U13 Girls		
F8	11:30	Hammer	U15 Boys & U17 Men		
F9	11:55	Long Jump	U17 Men		
F10	12:30	Pole Vault	U15B/U17M/Junior/Senior Men		
F11	12:40	Discus	Junior/Senior Men		
F12	13:05	Long Jump	Junior/Senior Women		
F13	13:15	Javelin	U15 Girls		
F14	13:15	High Jump	U17 Men		
F15	14:15	Shot	U15 Boys		
F16	14:35	Javelin	U17 Women		
F17	14:55	High Jump	U15 Girls		
F18	15:05	Long Jump	U13 Boys		
F19	15:40	Shot	Junior/Senior Women		
F20	16:05	Javelin	Junior/Senior Men		
F21	16:25	Long Jump	U15 boys		