

PROVISIONAL
TIMETABLE 16TH NOVEMBER 2019

NB: THIS TIMETABLE IS PROVISIONAL – TIMINGS ARE SUBJECT TO CHANGE DEPENDENT ON NUMBERS

FIELD			
F1	10.15	Senior Women	Shot
F2	10.15	Senior Men	Triple Jump
F3	10.45	Pool 1 (mixed)	Pole Vault
Pool 1 will be for athletes with PB's up to 3.0 m			
F4	11.30	Senior Men	Shot
F5	11.30	U15 Boys	Long Jump
F6	12.00	Senior Women	Triple Jump
F7	12.45	U15 Girls	Shot
F8	13.45	Under 15B	Shot
F9	14.00	Under 15G	Long Jump (pools will be allocated on PB's)
F10	14.00	Pool 2 (Mixed)	Pole Vault
Pool 2 will be for athletes with PB's over 3.0 m			
TRACK			
T1	10.15	Under 15	60 metres
T2	11.05	Senior	60 metres
T3	12.40	Under 15	1000 metres
T4	12.45	Senior	1000 metres
T5	13.10	Under 15	600 metres
T6	13.30	Senior	2000 metres
T7	14.00	Senior	150 metres