

Upper Age Group Non Premier Timetable

TRACK Timetable

Time	Event	M/F	Competitors
11:30	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
	300m Hurdles	U17 Women	A followed by B
12:00	1500m	U20 Men	A & B String
	1500m	U17 Men	A & B String
12:15	1500m	U20 Women	A & B String
	1500m	U17 Women	A & B String
12:30	100m	U20 Men	A followed by B
	100m	U17 Men	A followed by B
	100m	U20 Women	A followed by B
	100m	U17 Women	A followed by B
13:10	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
	300m	U17 Women	A followed by B
Track Break			
14:00	80m Hurdles	U17 Women	A followed by B
14:10	3000m	Men	All
14:25	100m Hurdles	U20 Women	A followed by B
	100m Hurdles	U17 Men	A followed by B
14:40	3000m	Women	All
14:55	110m Hurdles	U20 Men	A followed by B
15:05	200m	U20 Men	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Women	A followed by B
15:30	800m	U20 Men	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Women	A followed by B
16:00	2000m S/C	U20 Men	A & B String

One Race under 20 & under 17 athletes A & B Strings

TRACK Cont.

Time	Event	M/F
16.10	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16.30	1500m S/C	U17 Men A & B String
16.40	1500m S/C	Women - All
16.50	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	U20 Women
	4 x 400m R	U20 Men

In the above steeplechase events A & B String athletes run together

FIELD Timetable

Time	Event	M/F
11.15	Hammer	Men
	Long Jump	Men
	Shot	Women
11.30	Pole Vault	Women
12.15	Hammer	Women
12.30	High Jump	Men
13.00	Long Jump	Women
13.15	Discus	Men
14.15	Discus	Women
14.30	Shot	Men
14.45	Pole Vault	Men
	High Jump	Women
	Triple Jump	Men
15.30	Javelin	Men
16.00	Triple Jump	Women
16.30	Javelin	Women

With the exception of vertical jumps all athletes will have 3 trials with top 3 U20 & 3 U17 a further 3 trials having first achieved the required standard