

NB Double Header timetables are bespoke for each division to allow for the additional number of teams taking part. Please make sure all your athletes are issued with the correct timetable below, and not the one showing on the website or in the Handbook.

TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
11:20	300m Hurdles	U17 Women	A followed by B
11:30	1500m Matches 1 & 3, 3000m Match 2	U20 Men	A & B String/ALL
		U17 Men	A & B String/ALL
		U20 Women	A & B String/ALL
		U17 Women	A & B String/ALL
12:00	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
12:40	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
13:05	80m Hurdles	U17 Women	A followed by B
Track Break - only if time allows			
13:35	100m Hurdles	U20 Women	A followed by B
	100m Hurdles	U17 Men	A followed by B
13:50	110m Hurdles	U20 Men	A followed by B
14:05	200m	U17 Women	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Men	A followed by B
14:30	2000m S/Ch	U20 Men	A & B String
14:45	800m	U17 Women	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Men	A followed by B
15:20	1500m S/Ch	U17 Men	A & B String

TRACK: 3000m and Women's S/Ch - One Race for under 20 & under 17 athletes, A & B Strings together

Track Cont.

Time	Event	M/F
15:35	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16:00	1500m S/Ch	Women - All
16:15	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	Mixed U20 M&W (A&B string)

FIELD Timetable

Time	Event	M/F
10:45 (11:30)	Hammer	Men & Women
11:15	Long Jump	Men
12:00	Pole Vault	Men & Women
12:30	Shot	Women
12:30	Discus	Men
13:00	Long Jump	Women
13:30	High Jump	Men
13:30	Discus	Women
14:00	Shot	Men
14:40 (15:20)	Triple Jump	Men & Women
14:40	Javelin	Women
15:00	High Jump	Women
15:45	Javelin	Men

FIELD: 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