

Timetable Saturday 8th June 2019.

Track Events					Field Events			
Event Number	Time	Event	Progress	Age Group	Event Number	Time	Event	Age Group
1	10:00am	300m Hurdles	2 heats	Girls B	1	09:30am	Pole Vault	Boys A/B
2	10:07 AM	400m Hurdles	Final	Girls A	2	10:00am	High Jump	Boys D
3	10:13am	400m Hurdles	Final	Boys B	3		Long Jump	Boys B
4	10:16am	400m Hurdles	Final	Boys A	4		Javelin	Boys C
5	10:20am	100m	4 heats	Girls D	5	11:00am	Triple Jump	Girls A/B
6	10:35am	100m	4 heats	Girls C	6		Javelin	Boys A
7	10:50am	100m	4 heats	Boys D	7		Shot Putt	Girls C
8	11:05am	100m	4 heats	Boys C	8	12:00pm	High Jump	Boys C
9	11:20am	300m Hurdles	Final	Girls B	9		Long Jump	Girls D
10	11:30am	300m	3 heats	Girls C	10		Discus	Boys B
11	11:45am	300m	2 heats	Boys C	11	1:00pm	Discus	Boys C
12	12:00pm	100m	Semi final	Girls D	12		Long Jump	Girls B
13	12:05pm	100m	Semi final	Girls C	13		Shot Putt	Boys A
14	12:10pm	100m	Semi final	Boys D	14	2:00pm	High jump	Boys A
15	12:15pm	100m	Semi final	Boys C	15		Long Jump	Boys D
16	12:20pm	800m	5 heats	Girls B	16		Javelin	Boys D
17	12:50pm	800m	3 heats	Boys B	17		Javelin	Girls D
18	1:20pm	800m	2 heats	Girls A	18	3:00pm	Discus	Girls A/B
19	1:30pm	800m	3 heats	Boys A	19		Triple Jump	Boys A
20	1:45pm	800m	Final	Girls D	20		Shot Putt	Boys B
21	1:50pm	800m	Final	Boys D	21	4:00pm	Discus	Girls C/D
22	2:00pm	100m	Final	Girls D	22		High jump	Girls A/B
23	2:04pm	100m	Final	Girls C				
24	2:08pm	100m	Final	Boys D				
25	2:12pm	100m	Final	Boys C				
26	2:15pm	75m Hurdles	2 heats	Girls D				
27	2:25pm	75m Hurdles	2 heats	Girls C				
28	2:35pm	80m Hurdles	2 heats	Boys D				
29	2:40pm	80m Hurdles	Final	Boys C				
30	2:45pm	300m	Final	Girls C				
31	2:50pm	300m	Final	Boys C				
32	3:00pm	200m	4 heats	Girls B				
33	3:12pm	200m	5 heats	Boys B				
34	3:30pm	200m	3 heats	Girls A				
35	3:35pm	200m	3 heats	Boys A				
36	3:40pm	1500m	2 heats	Girls C				
37	3:50pm	1500m	2 heats	Boys C				
38	4:00pm	800m	Final	Girls B				
39	4:05pm	800m	Final	Boys B				
40	4:10pm	800m	Final	Girls A				
41	4:15pm	800m	Final	Boys A				
42	4:20pm	200m	Semi final	Girls B				
43	4:28pm	200m	Semi final	Boys B				
44	4:35pm	1500m	Final	Girls D				
45	4:40pm	1500m	Final	Boys D				
46	4:50pm	80m Hurdles	Final	Boys D				
47	4:54pm	75m Hurdles	Final	Girls C				
48	04:57pm	75m Hurdles	Final	Girls D				
49	5:00pm	200m	Final	Girls A				
50	5:05pm	200m	Final	Boys A				
51	5:10pm	200m	Final	Girls B				
52	5:13pm	200m	Final	Boys B				
53	5:30pm	1500m	Final	Girls C				
54	5:35pm	1500m	Final	Boys C				

NB

**If heats are not required, Finals will be held at heat time.
If Semi-Finals are not required, Finals will be held at Final Time**

**This may have an effect on timings.
Please listen for announcements**