

Field Timetable					Time	Track Time Table	
10:00 to 11.45	Hammer	Triple Jump	Shot Put	Warm up	10:00		
						10:30	300mh 400mh
						11:00	1500m
						11:30	100m
15 minute field break					12:00		
12:00 to 13.45	Discus	Warm up	Long Jump	12:00		400m	
				12:30		3000m	
				13:00		80mh/100mh /110mh	
				13.30		5000m	
15 minute field break					14:00		
14:00 to 15:45	Javelin	High Jump	Warm up	Pole Vault		14:00	200m
						14:30	800m
						15:00	1500m s/c
						15:30	Mixed Relays 4 x 100m 4 x 400m
		Field Finish					

- | | |
|------------|---|
| Revision 1 | 1. 15 minute Warm up periods added for Field |
| 12/5/23 | 2. Programme for Track compressed by 30 minutes |

Notes on programme

All events will be mixed, including the Relays, if required

All track events will be seeded and graded if more than one race is required

A 15 minute warm up period is included at the start of the field event blocks