

Upper Age Group Non Premier Timetable

TRACK Timetable

| Time | Event | M/F | Competitors |
|-------------|--------------|-----------|-----------------|
| 11.40 | 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 |
| 12.10 | 1500m | U20 Men | A & B String |
| | 1500m | U17 Men | A & B String |
| 12.25 | 1500m | U20 Women | A & B String |
| | 1500m | U17 Women | A & B String |
| 12.40 | 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 |
| TRACK BREAK | | | |
| 13.20 | 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 |
| 13.55 | 80m Hurdles | U17 Women | A followed by B |
| 14.05 | 3000m | Men | All |
| 14.20 | 100m Hurdles | U20 Women | A followed by B |
| 14.30 | 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 | 1500m s/c | Women | All |

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 | 2000m s/c | U20 Men |
| 16.40 | 1500m s/c | U17 Men |
| 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 steeple chase events
A & B String athletes run together**

FIELD Timetable

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

**All athletes will have 3 trials with top 3 U20 &
3 U17 a further 3 trials having first achieved
the required standard, except vertical jumps**

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

**Should a stadium have an outside throws area the first long throw event could take place
starting at 11.00 and all other long throws events timetabled accordingly**