

Field Timetable					Track Time Table		
10:00	M Hammer	Triple Jump	W Shot Put	Warm up	10:30	300mh 400mh	
11:15	W Hammer		M Shot		10:45	1500m	
15 minute field break					11:15	100m R1	
12:30	Discus	Warm up	Long Jump	13:15 Pole Vault	11:35	400m	
13:45	15 minute field break				11:50	3000m(1&3) 5000m(2&4)	
14:00	Javelin	High Jump	Warm up		12:25	80mh 100mh 110mh	
Field Finish					12:45	200m	
					13:05	800m	
					13:30	100m R2	
					13:50	1500m s/c Barriers @ 2' 6"	
					14:10	Mixed Relays 4 x 100m 4 x 400m	

1. 3000m event in matches 1 & 3 only. There will be two seeded races if entries require it.
2. 5000m event in matches 2 & 4 only. There will be two seeded races if entries require it.
3. Steeplechase barriers to be set @ 2' 6" high for all age groups.

Revision 4

4. Both Hammer & Shot split into Men and Women to give more precise programming

21/6/24

5. 2nd round of 100m added and Track programme condensed further

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