

## Sunday 9th January - Event Timetable

<u>Track</u>	<u>Event</u>	<u>M/W</u>	<u>Predicted</u>	<u>Field</u>	<u>Event</u>	<u>M/W</u>	<u>Predicted</u>
<u>Time</u>			<u>No. of Races</u>	<u>Time</u>			<u>Nos.</u>
11.00	60m	Jun	8				
12.15	60m Hurd	M	1	11.30	TJ	W	6
	60m Hurd	W	1		PV	W	20
12.35	60m	M	7	12.30	Shot	M	10
	60m	W	4	12.45	TJ	M	6
13.30	400m	M	8				
14.10	400m	W	5	14.00	Shot	W	10
				14.15	LJ	Jun	20
14.40	60m Final	M	1	14.30	PV	M	15
14.45	60m Final	W	1				
15.00	1500m	M	3				
	1500m	W	1				
				15.30	HJ	M	8
15.30	200m	M	10	15.30	HJ	W	8
	200m	W	6				
				15.45	LJ	M&W	20

<b>16.45</b>	<b>3000m</b>	<b>M</b>	<b>1</b>	<b>15.45</b>	<b>Shot</b>	<b>Jun</b>	<b>10</b>
<b>16.55</b>	<b>3000m</b>	<b>W</b>	<b>1</b>				
<b>17.05</b>	<b>3000m</b>	<b>Jun</b>	<b>3</b>				
<b>17.40</b>	<b>800m</b>	<b>M</b>	<b>6</b>				
<b>18.10</b>	<b>800m</b>	<b>W</b>	<b>3</b>				

#### NOTES

Junior athletes to compete in the separate Junior events (Shot, Long Jump, 60m and 3000m) only.

All other events will be closed to junior athletes.

Registration closes 60 minutes before the event start time.

All events £4 entry fee - entries on the day.