

**AMENDED**  
**TIMETABLE 17TH NOVEMBER 2018**

**NB: THIS TIMETABLE IS PROVISIONAL – TIMINGS ARE SUBJECT TO CHANGE DEPENDENT ON NUMBERS**

<b>FIELD</b>			
F1	10.15	Senior Men	Shot
F2	10.15	Senior Women	Shot
F3	10.15	Senior Men	Triple Jump
F4	10.45	Pool 1 (mixed)	Pole Vault
<b>Pool 1 will be for athletes with PB's up to 3.5m</b>			
F5	11.30	U15 Boys	Long Jump
F6	11.45	U15 Girls	Shot
F7	12.00	Senior Women	Triple Jump
F8	13.45	Under 15B	Shot
F9	14.00	Under 15G	Long Jump (pools will be allocated on PB's)
F10	14.00	Pool 2 (Mixed)	Pole Vault
<b>Pool 2 will be for athletes with PB's over 3.5m</b>			
<b>TRACK</b>			
T1	10.15	Under 15	60 metres
T2	11.05	Senior	60 metres
T3	12.45	Under 15	1000 metres
T4	12.55	Senior	1000 metres
T5	13.15	Under 15	600 metres
T6	13.35	Senior	2000 metres
T7	14.00	Senior	150 metres