

TIMETABLE - SATURDAY 20th AUGUST

No.	Time	Event	Age Group	
T1	11.00am	400mHu	Senior	Men
T2	11.05	400mHu	U17	Men
T3	11.10	400mHu	Senior	Women
T4	11.20	300mHu	U17	Women
T5	11.30	800m	Senior	Men
T6	11.35	800m	U17	Men
T7	11.40	800m	U15	Boys
T8	11.45	800m	Senior	Women
T9	11.50	800m	U17	Women
T10	11.55	800m	U15	Girls
T11	12.05	200m	Senior	Men
T12	12.10	200m	U17	Men
T13	12.15	200m	U15	Boys
T14	12.20	200m	Senior	Women
T15	12.25	200m	U17	Women
T16	12.30	200m	U15	Girls
T17	12.35	5km Walk	Senior	Men/Women
T18	12.35	3km Walk	U17	Men/Women
T19	12.35	2.5km Walk	U15	Men/Women
T20	13.05	110mHu	Senior	Men
T21	13.13	100mHu	U17	Men
T22	13.21	100mHu	Senior	Women
T23	13.29	80mHu	U15	Boys
T24	13.37	80mHu	U17	Women
T25	13.45	75mHu	U15	Girls
T26	13.55	3000m	U17	Men
T27	14.05	3000m	U17	Women
T28	14.15	3000m	Senior	Men
T29	14.30	3000m	Senior	Women
T30	14.40	100m	U15	Boys
T31	14.46	100m	U15	Girls
T32	14.52	100m	U17	Men
T33	15.00	100m	U17	Women
T34	15.06	100m	Senior	Men
T35	15.14	100m	Senior	Women
T36	15.22	1500mS/C	U17	Men
T37	15.37	3000mS/C	Senior	Men
T38	15.52	400m	U15	Boys
T39	15.57	400m	U17	Men
T40	16.02	400m	Senior	Men
T41	16.07	400m	Senior	Women
T42	16.12	300m	U17	Women
T43	16.17	1500m	U15	Boys
T44	16.24	1500m	U15	Girls
T45	16.31	1500m	U17	Men
T46	16.38	1500m	U17	Women
T47	16.45	1500m	Senior	Men
T48	16.52	1500m	Senior	Women
T49	17.00	Medley Relay (2x100m/200m/600m)	U15	Boys
T50	17.10	Medley Relay (2x100m/200m/600m)	U15	Girls
T51	17.20	Medley Relay (2x100m/200m/600m)	U17	Men
T52	17.30	Medley Relay (2x100m/200m/600m)	U17	Women
T53	17.40	Medley Relay (2x200m/400m/800m)	Senior	Men
T54	17.50	Medley Relay (2x200m/400m/800m)	Senior	Women

F1	11.00	High Jump	U15G
F2		Long Jump	SenW
F3		Hammer	U17W
F4		Javelin	U15G
F5		Shot	SenW
F6	11.30	Pole Vault	SenM
F7	11.45	Shot	SenM
F8		Long Jump	SenM
F9		Hammer	U17M
F10		Javelin	U15B
F11	12.00	High Jump	U15B
F12	12.30	Long Jump	U17W
F13		Hammer	SenW
F14		Javelin	U17W
F15		Shot	U15G
F16	13.00	Pole Vault	SenW
F17		High Jump	U17W
F18	13.15	Long Jump	U17M
F19		Hammer	SenM
F20		Javelin	U17M
F21		Shot	U15B
F22	14.00	High Jump	U17M
F23		Long Jump	U15G
F24		Discus	U17W
F25		Javelin	SenW
F26		Shot	U17W
F27	14.30	Pole Vault	U17M
F28	14.45	Long Jump	U15B
F29		Discus	U17M
F30		Javelin	SenM
F31		Shot	U17M
F32	15.00	High Jump	SenW
F33	15.30	Triple Jump	SenW
F34		Discus	SenW
F35		Discus	U15G
F36	16.00	High Jump	SenM
F37		Pole Vault	U17W
F38	16.15	Triple Jump	SenM
F39		Discus	U15B
F40	16.45	Discus	SenM
F41	17.00	Triple Jump	U17W
F42	17.45	Triple Jump	U17M

NOTES FOR COMPETITORS

If you are intending using your own throwing implements please report to the Equipment Officer at least one hour before scheduled start time of your event. If you wish to use your own starting blocks, please report to the Starter's Assistant for inspection.

Please report to your Team Manager for your numbers, declarations etc.

COMPETITION NUMBERS

Cheshire	1	Lancashire (& IoM)	6
Cumbria	2	Lincolnshire	7
Derbyshire	3	Merseyside	8
Gtr Manchester	4	North East Counties	9
Humberside	5	Yorkshire	10

SCORING

8,7,6,5,4,3,2,1 points for 1st, 2nd etc.....8th in each event