

Saturday 17 th Sept' 2016				Timetable as of 15.7.16			
Time	SB	SG	IB	IG	JB	Walks	Time
09.30		100m H	LJ1/LJ2				09.30
10.00					80m H		10.00
10.25				80m H			10.25
10.30		HJ1/HJ2					10.30
11.00	100m		Disc (A)				11.00
11.15					Shot 1/2		11.15
11.25				HJ3/HJ4			11.25
11.45	LJ1/LJ2						11.45
12.15			Disc (B)				12.15
12.30						JG 3Km	12.30
1.00	Shot 1/2				LJ1/LJ2	JB/IG 3Km	1.00
1.30			Jav'(A)			Presentation JG	1.30
1.40		Shot1/2				SB/SG/IB 5Km	1.40
2.00						Presentation JB/IG	2.00
*2.30						Presentation IB/SG/SB	*2.30
*2.45	HJ1/HJ2		Jav'(B)	Shot1/2	HJ3/HJ4		*2.45
*2.50							*2.50
*3.15		200m					*3.15
*4.00			400m				*4.00
*4.30				200m			*4.30
*5.00	400m						*5.00
*5.30					800m		*5.30
*6.00					Presentation		*6.00
*6.15							*6.15

Sunday 18 th Sept' 2016				Timetable			
Time	SB	SG	IB	IG	JG		Time
09.00	110m H						09.00
09.30					75m H		09.30
10.00	Disc (A)						10.00
10.15		LJ3/LJ4	100m H				10.15
					Shot 1/2		10.30
10.45	Disc (B)						10.45
11.15							11.15
11.30		Jav'(A)		LJ3/LJ4			11.30
11.45	PV (1&2)		HJ1/HJ2				11.45
12.15		Jav(B)			HJ3/HJ4		12.15
12.30							12.30
1.00				Jav(A)			1.00
1.45				Jav(B)			1.45
2.00			Shot 1/2				2.00
*2.30	Jav (1)**	800m					*2.30
*3.00					LJ3/LJ4		*3.00
*3.30	Jav (2)**			800m			*3.30
*3.45		Presentation	1500m				*3.45
*4.15	1500m						*4.15
*4.45			Presentation	Presentation	800m		*4.45
*5.10							*5.10
*5.15	Presentation				Presentation		*5.15

* = approximate time only. ** subject to change depending on the PV competition. The Referees may change the time depending on the progress of the Pole Vaults and other events. PRESENTATIONS will take place as soon after the conclusion of the events as possible. Unless athletes are told otherwise they should have completed their warm up etc and be prepared to start the different competitions at the stipulated start times.