

TIMETABLE OF EVENTS

Saturday 11th February 2011

16.20	3,000 Walk	Women	15.15	<i>P.V. Warm up</i>	<i>Women</i>
16.35	60m Heats	Women	16.15	Pole Vault	Women
16.55	60m Heats	Men			
			17.30	<i>P.V. Warm up</i>	<i>Men</i>
17.50	400m Heats	Women	18.30	Pole Vault	Men
18.10	5,000M Walk	Men			
			18.00	Long Jump	Women
			18.15	Shot	Women
18.40	400m Heats	Men			
19.10	1500m Heats	Men			
19.25	3,000M Final	Women			
19.35	800m Heats	Women			
19.45	800m Heats	Men			
20.00	3000m Heats	Men	19.45	Triple Jump	Men
			20.00	High Jump	Women
20.20	200m Heats	Men			

** In the event of heats proving to be necessary in Men's 3000m, medals will be decided on times*

Sunday 12th February 2011

12.50	Primary Schools Agility Challenge				
13.35	200m Heats	Women	13.30	Shot	Men
13.55	60m Hur. Heats	Men	13.40	Triple Jump	Women
14.05	1500m Final	Men			
14.15	1500m Final	Women			
14.25	60m Hur. Heats	Women			
14.40	60m Semi Final	Men			
14.50	60m Semi Final	Women			
15.00	400m 'B' Final	Women			
15.10	400m 'B' Final	Men	15.10	High Jump	Men
15.15	60m Hur. Final	Men			
15.30	800m Final	Men			
15.35	400m Final	Women			
15.45	400m Final	Men	15.40	Long Jump	Men
16.00	60m H Final	Women			
16.05	60m Final	Women			
16.15	60m Final	Men			
16.25	200m Final	Women			
16.35	200m Final	Men			
16.40	800m Final	Women			
16.45	200m 'B' Final	Men			
16.50	200m 'B' Final	Women			
17.10	Primary Schools Agility Challenge				