

Division three and below

Field Events

11.15	Hammer - Men
11.30	Long Jump - Women
11.45	Pole Vault – Men & Women
12.15	Javelin – Women
12.45	Shot – Men Long Jump – Men
1.10	Hammer – Women
1.30	High Jump – Men
2.00	Triple Jump – Women
2.10	Javelin – Men Shot - Women
3.10	Discus – Women
3.20	High Jump – Women
3.35	Triple Jump – Men
4.15	Discus - Men

Track Events

TIME	Alternative with women's S/C	TRACK	
1.00		400m Hurdles - Women	
1.10		400m Hurdles - Men	
1.25		800m - Women	
1.35		800m - Men	
1.45		200m - Women	
1.55		200m - Men	
2.00		2000m Steeplechase - Men 3000m Steeplechase - Men	Matches 1 & 3 Matches 2 & 4
2.20		100m Hurdles - Women	
2.30		3000m - Women	
2.50		110m Hurdles - Men	
3.00		400m - Women	
3.10		400m - Men	
3.20		1500m - Women	
3.30		1500m - Men	
3.40		100m - Women	
3.50		100m - Men	
4.00		100m (Non scoring)	
4.10	4.05	5000m - Men 3000m - Men	Matches 1 & 3 Matches 2 & 4
4.20	4.20	2k S/C - Women (Non scoring)	
4.35	4.40	4 x 100m Relay - Women	
4.45	4.50	4 x 100m Relay - Men	
4.55	5.00	4 x 400m Relay - Women	
5.05	5.10	4 x 400m Relay - Men	

2017 Timetable Division three and below

TIME	TRACK	FIELD
11.15		Hammer (M)
11.30		Long Jump (W)
11.45		Pole Vault (M & W)
12.15		Javelin (W)
12.45		Long Jump (M) Shot (M)
1.00	400m Hurdles (W)	
1.10	400m Hurdles (M)	Hammer (W)
1.25	800m (W)	
1.30		High Jump (M)
1.35	800m (M)	
1.45	200m (W)	
1.55	200m (M)	
2.00	2000m/3000m S/C (M)	Triple Jump (W)
2.10		Javelin (M) Shot (W)
2.20	100m Hurdles (W)	
2.30	3000m (W)	
2.50	110m Hurdles (M)	
3.00	400m (W)	
3.10	400m (M)	Discus (W)
3.20	1500m (W)	High Jump (W)
3.30	1500m (M)	
3.35		Triple Jump (M)
3.40	100m (W)	
3.50	100m (M)	
4.00	100m (Non scoring)	
4.10/ 4.05	5000m/3000m (M)	
4.15		Discus (M)
4.20	2k S/C (W) Non scoring	
4.35/ 4.40	4 x 100m Relay (W)	
4.45/ 4.50	4 x 100m Relay (M)	
4.55/ 5.00	4 x 400m Relay (W)	
5.05/ 5.10	4 x 400m Relay (M)	

Times in bold are if the women S/C is run