

Division 1 and 2

Field Events

11.15	Hammer - Men	
11.45	Long Jump - Women	
	Pole Vault - Women	
12.20	Javelin – Women	
12.30	Shot – Men	
13.00	Long Jump – Men	
13.25	Hammer – Women	
13.45	High Jump – Men	
14.00	Triple Jump – Women	
14.30	Javelin – Men	
14.20	Shot – Women	
14.30	Pole Vault – Men	
15.25	High Jump – Women	
15.30	Discus – Women	
15.45	Triple Jump – Men	
16.30	Discus - Men	

Track Events

13.00	400m Hurdles Women	
13.10	400m Hurdles Men	
13.25	800m Women	
13.35	800m Men	
13.45	200m Women	
13.55	200m Men	
14.00	2000m Steeplechase Men 3000m Steeplechase Men	matches 1 & 3 matches 2 & 4
14.20	100m Hurdles Women	
14.30	3000m Women	
14.50	110m Hurdles Men	
15.00	400m Women	
15.10	400m Men	
15.15	1500m Women	
15.25	1500m Men	
15.35	100m Women	
15.45	100m Men	
15.55	100m Non-Scoring	
16.05	5000m Men 3000m Men	matches 1 & 3 matches 2 & 4
16.30	4 x 100m Women	
16.40	4 x 100m Men	
16.50	4 x 400m Women	
17.00	4 x 400m Men	

2011 TIMETABLE Division One and Two

	<u>TRACK</u>	<u>FIELD</u>
11.15		HT Men
11.45		LJ Women
11.45		PV Women
12.20		JT Women
12.30		SP Men
1.00	400mH Women	LJ Men
1.10	400mH Men	
1.25	800m Women	HT Women
1.35	800m Men	
1.45	200m Women	HJ Men
1.55	200m Men	
2.00	2K/3K S/C Men	TJ Women
2.20	100mH Women	
2.30		JT Men
2.30	3K Women	PV Men / SP Women
2.50	110mH Men	
3.00	400m Women	
3.10	400m Men	
3.15	1500m Women	
3.25	1500m Men	H J Women
3.30		DT Women
3.35	100m Women	
3.45	100m Men	TJ Men
3.55	100m Non Scoring	
4.05	5K/3K Men	
4.30		DT Men
4.30	4x100m Relay Women	
4.40	4x100m Relay Men	
4.50	4x400m Relay Women	
5.00	4x400m Relay Men	