

Upper Age Group Premier Timetable

TRACK Timetable

Time	Event	M/F	Competitors
11.10	400m Hurdles	U20 Men	A followed by B
11.20	400m Hurdles	U17 Men	A followed by B
11.30	400m Hurdles	U20 Women	A followed by B
11.40	300m Hurdles	U17 Women	A followed by B
11.50	1500m	U20 Men	A & B String
12.00	1500m	U17 Men	A & B String
12.10	1500m	U20 Women	A & B String
12.20	1500m	U17 Women	A & B String
12.30	100m	U20 Men	A followed by B
12.40	100m	U17 Men	A followed by B
12.50	100m	U20 Women	A followed by B
13.00	100m	U17 Women	A followed by B
TRACK BREAK			
13.20	400m	U20 Men	A followed by B
13.30	400m	U17 Men	A followed by B
13.40	400m	U20 Women	A followed by B
13.50	300m	U17 Women	A followed by B
14.00	80m Hurdles	U17 Women	A followed by B
14.10	3000m	Men	All
14.25	100m Hurdles	U20 Women	A followed by B
14.35	100m Hurdles	U17 Men	A followed by B
14.45	3000m	Women	All
15.00	110m Hurdles	U20 Men	A followed by B
15.15	200m	U20 Men	A followed by B
15.25	200m	U17 Men	A followed by B
15.30	200m	U20 Women	A followed by B
15.40	200m	U17 Women	A followed by B
15.50	800m	U20 Men	A followed by B
16.00	800m	U17 Men	A followed by B
16.10	800m	U20 Women	A followed by B
16.20	800m	U17 Women	A followed by B
16.30	1500m s/c	Women	All

Track Cont.

Time	Event	M/F
16.40	4 x 100m R	U17 Women
16.45	4 x 100m R	U17 Men
16.50	4 x 100m R	U20 Women
16.55	4 x 100m R	U20 Men
17.05	2000m s/c	U20 Men
17.15	1500m s/c	U17 Men
17.25	4 x 300m R	U17 Women
17.35	4 x 400m R	U17 Men
17.45	4 x 400m R	U20 Women
17.55	4 x 400m R	U20 Men

**In the above steeple chase events
A & B String athletes run together**

FIELD Timetable

Time	Event	M/F
10.15	Hammer	Men
11.00	Long Jump	Men
	Pole Vault	Women
11.35	Hammer	Women
12.00	High Jump	Men
12.45	Long Jump	Women
12.55	Javelin	Men
	Shot	Women
14.15	Javelin	Women
14.30	Triple Jump	Men
	Pole Vault	Men
15.00	High Jump	Women
	Shot	Men
15.35	Discus	Women
16.15	Triple Jump	Women
16.55	Discus	Men

**With the exception of vertical jumps, all
athletes will have 3 trials with top 3 U20 & 3
U17 a further 3 trials having first achieved the
required standard**

One Race under 20 & under 17 athletes A & B Strings

**Should a stadium have an outside throws area the first long throw event could take place
starting at 11.00 and all other long throws events timetabled accordingly**

Upper Age Group Non Premier Timetable

TRACK Timetable

Time	Event	M/F	Competitors
11.40	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
	300m Hurdles	U17 Women	A followed by B
12.10	1500m	U20 Men	A & B String
	1500m	U17 Men	A & B String
12.25	1500m	U20 Women	A & B String
	1500m	U17 Women	A & B String
12.40	100m	U20 Men	A followed by B
	100m	U17 Men	A followed by B
	100m	U20 Women	A followed by B
	100m	U17 Women	A followed by B
TRACK BREAK			
13.20	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
	300m	U17 Women	A followed by B
13.55	80m Hurdles	U17 Women	A followed by B
14.05	3000m	Men	All
14.20	100m Hurdles	U20 Women	A followed by B
14.30	100m Hurdles	U17 Men	A followed by B
14.40	3000m	Women	All
14.55	110m Hurdles	U20 Men	A followed by B
15.05	200m	U20 Men	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Women	A followed by B
15.30	800m	U20 Men	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Women	A followed by B
16.00	1500m s/c	Women	All

Track Cont.

Time	Event	M/F
16.10	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16.30	2000m s/c	U20 Men
16.40	1500m s/c	U17 Men
16.50	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	U20 Women
	4 x 400m R	U20 Men

**In the above steeple chase events
A & B String athletes run together**

FIELD Timetable

Time	Event	M/F
11.15	Hammer	Men
	Long Jump	Men
11.30	Pole Vault	Women
	Shot	Women
12.15	Hammer	Women
12.30	High Jump	Men
13.00	Long Jump	Women
13.15	Javelin	Men
14.30	Javelin	Women
	Shot	Men
14.45	Pole Vault	Men
	High Jump	Women
	Triple Jump	Men
15.30	Discus	Women
16.00	Triple Jump	Women
16.30	Discus	Men

**With the exception of vertical jumps all
athletes will have 3 trials with top 3 U20 & 3
U17 a further 3 trials having first achieved the
required standard**

One Race under 20 & under 17 athletes A & B Strings

**Should a stadium have an outside throws area the first long throw event could take place
starting at 11.00 and all other long throws events timetabled accordingly**