

Upper Age Group SW Promotion Match Timetable

TRACK Timetable				Track Cont.		
Time	Event	M/F	Competitors	Time	Event	M/F
11.40	400m Hurdles	U20 Men	A followed by B	16.10	4 x 100m R	U17 Women
	400m Hurdles	U17 Men	A followed by B		4 x 100m R	U17 Men
	400m Hurdles	U20 Women	A followed by B		4 x 100m R	U20 Women
	300m Hurdles	U17 Women	A followed by B		4 x 100m R	U20 Men
12.10	1500m	U20 Men	A & B String	16.30	2000m s/c	U20 Men
	1500m	U17 Men	A & B String	16.40	1500m s/c	U17 Men
12.25	1500m	U20 Women	A & B String	16.50	4 x 300m R	U17 Women
	1500m	U17 Women	A & B String		4 x 400m R	U17 Men
12.40	100m	U20 Men	A followed by B		4 x 400m R	U20 Women
	100m	U17 Men	A followed by B		4 x 400m R	U20 Men
	100m	U20 Women	A followed by B	<b>In the above steeple chase events A &amp; B String athletes run together</b>		
	100m	U17 Women	A followed by B			
13.20	400m	U20 Men	A followed by B	<b>FIELD Timetable</b>		
	400m	U17 Men	A followed by B	<b>Time</b>	<b>Event</b>	<b>M/F</b>
	400m	U20 Women	A followed by B	11.15	Hammer	Men
	300m	U17 Women	A followed by B		Long Jump	Men
	300m	U17 Women	A followed by B		Shot	Women
13.55	80m Hurdles	U17 Women	A followed by B	11.30	Pole Vault	Women
14.05	3000m	Men	All	12.15	Hammer	Women
14.20	100m Hurdles	U20 Women	A followed by B	12.30	High Jump	Men
14.30	100m Hurdles	U17 Men	A followed by B	13.00	Long Jump	Women
14.40	3000m	Women	All	13.15	Discus	Men
14.55	110m Hurdles	U20 Men	A followed by B	14.15	Discus	Women
15.05	200m	U20 Men	A followed by B	14.30	Shot	Men
	200m	U17 Men	A followed by B	14.45	Pole Vault	Men
	200m	U20 Women	A followed by B		High Jump	Women
	200m	U17 Women	A followed by B		Triple Jump	Men
15.30	800m	U20 Men	A followed by B	15.30	Javelin	Men
	800m	U17 Men	A followed by B	16.00	Triple Jump	Women
	800m	U20 Women	A followed by B	16.30	Javelin	Women
	800m	U17 Women	A followed by B	<b>With the exception of vertical jumps all athletes will have 3 trials with top 3 U20 &amp; 3 U17 a further 3 trials having first achieved the required standard</b>		
16.00	1500m s/c	Women	All			
<b>One Race under 20 &amp; under 17 athletes A &amp; B Strings</b>						