

Saturday

F1	09:30 Sen Men & Sen Women	Long Jump
F2	09:45 U13G	Shot Put
F3	09:45 U13B	Shot Put
F4	09:45 U17 & U20 Men	Discus Throw
F5	10:45 U17W/U20W Bucks	Long Jump
F6	10:45 U17W/U20W Oxon	Long Jump
F7	10:45 U15G Bucks	Shot Put
F8	10:45 U15G Oxon	Shot Put
F9	11:00 All Age Groups	Pole Vault
F10	11:15 Sen Men & Women	Discus Throw
F11	12:30 U13B Bucks	Long Jump
F12	12:30 U13B Oxon	Long Jump
F13	12:45 U17& U20 Women	Discus Throw
F14	14:00 U13G & U13B	Discus Throw
F15	14:00 U15B	Shot Put
F16A	14:30 U13G Bucks - Pool A	Long Jump
F16B	14:30 U13G Bucks - Pool B	Long Jump
F17	15:00 Sen Men & Sen Women	Shot Put
F18	15:30 U15G	Discus Throw
F19A	15:45 U13G Oxon - Pool A	Long Jump
F19B	15:45 U13G Oxon - Pool B	Long Jump
F20	16:00 U17M/U20M	Shot Put
F21	17:00 U17/U20 Women	Shot Put
F22	17:30 U15B	Discus Throw

Sunday

F1	09:30 All Men	Hammer Throw
F2	09:45 U17/U20 & Sen Women	High Jump
F3	10:00 U17&U20 Men	Long Jump
F4	10:00 U17/U20/Sen Women	Javelin Throw
F5	10:30 U15G	Hammer Throw
F6	11:15 U15G Oxon	Long Jump
F7	11:15 U13B&U15B	High Jump
F8	11:45 U17W, U20W &SW	Hammer Throw
F9	12:00 U17/U20/Sen Men	High Jump
F10	11:45 U15G	Javelin Throw
F11	13:15 U13G	Javelin
F12	13:30 U15G Bucks	Long Jump
F13	14:30 U15G	High Jump
F14	14:30 U17/U20/Sen Women	Triple Jump
F15	14:30 U13B	Javelin
F16	14:45 U13G	High Jump
F17	15:30 U15B Bucks	Long Jump
F18	16:00 U15B	Javelin Throw
F19	17:00 U15B Oxon	Long Jump
F20	17:00 U17, U20 & Sen Men	Javelin Throw
F21	17:00 U17/U20/Sen Men	Triple Jump