

**Saturday 21<sup>st</sup> July 2007**

Track				Field	
12.00				12.00	Hammer Women
13.10	5,000m Walk	Women	F	13.00	Pole Vault Women
13.45	400m Hurdles	Men	H	13.30	Shot Putt Men
14.00	200m	Women	H	13.30	Triple Jump Women
14.15	200m	Men	H		
14.35	3000m S/C	Women	F	14.30	Discus Women
14.50	800m	Women	H		
15.00	800m	Men	H		
15.20	10,000m (Team)	Men	F	14.50	High Jump Women
15.50	200m	Women	F	15.00	Long Jump Men
16.00	200m	Men	F	15.30	Javelin Women
16.10	3000m S/C	Men	F	16.20	35lbs Height Jun/ U23 Men
16.25	1500m	Men	H	16.20	56lbs Height Men
16.50	110m Hurdles	Men	H		
17.00	400m	Women	H		
17.10	400m	Men	H		

**Sunday 22<sup>nd</sup> July 2007**

Track				Field	
11.00				11.00	Hammer Men
11.30	10,000m Walk	Men	F		
12.45	100m	Women	H		
12.55	100m	Men	H	13.00	Pole Vault Men
13.15	5000m	Women	F		
13.35	800m	Women	F		
13.45	800m	Men	F	13.20	Shot Putt Women
13.55	5000m	Men	F	13.20	Discus Men
14.15	400m	Women	F	13.30	Long Jump Women
14.25	400m	Men	F		
14.35	100m	Women	F	14.00	High Jump Men
14.45	100m	Men	F		
14.55	1500m	Women	F		
15.05	1500m	Men	<b>F</b>		
15.15	110m Hurdles	Men	F	14.45	Javelin Men
15.25	100m Hurdles	Women	F		
15.35	<b>Introduction to 1977 Champions</b>				
15.55	3000m Junior	Men	F	15.20	Triple Jump Men
16.05	400m Hurdles	Men	F	15.20	56lbs Distance Men
16.15	400m Hurdles	Women	F		

- Please note change of times for Sprint Hurdles & 400m

**This timetable may be subject to change. Please be alert. In the event of heats proving to be unnecessary, finals will be held at FINAL TIMES**