

GloHealth TRACK AND FIELD CHAMPIONSHIPS 2014



Senior Track & Field Timetable

SATURDAY 19th July

12.00	Paralympic Discus
13.30	Paralympic Club

14.20	400mH		Men	H			
14.30	5000m	Walk	Women	F			
15.00	3000m	Steeplechase	Women	F	14.00	Long Jump	Women
15.15	200m		Women	H	14.30	Pole Vault	Women
15.30	200m		Men	H			
15.55	800m		Women	H			
16.05	800m		Men	H	15.00	Shot Put	Men
16.40	10,000m		Men	F	15.30	Hammer	Women
17.15	200m		Women	F	15.45	High Jump	Men
17.25	200m		Men	F			
17.35	1500m		Men	H	16.00	Triple Jump	Men
18.05	5000m		Women	F	17.15	Discus	Women
18.30	400m		Women	H			
18.45	400m		Men	H	17.45	Javelin	Women
19.05	400m	Wheelchair	Men	F			
19.15	1500m		Women	H	18.00	35 lb Height	Men
19.30	4x100		Women	F	18.00	56 lb Height	Men
19.40	4X100		Men	F			

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Senior Track & Field Timetable

SUNDAY 20th July

12.00	Paralympic Shot
13.00	Paralympic Javelin

12.00	5000m	Race 1	Men	Times			
12.25	3000m	Junior	Men	F	12.30	Hammer	Men
12.40	10,000m	Walk	Men	F	12.45	Pole Vault	Men
13.35	5000m	Race 2	Men	Times			
14.00	400mh		Women	F			
14.10	400mh		Men	F	13.15	Long Jump	Men
14.20	800m		Women	F	13.45	Shot Put	Women
14.30	800m		Men	F			
14.40	100m	Wheelchair		F	14.30	High Jump	Women
14.45	100m		Women	Semi F			
14.55	100m		Men	Semi F	14.45	Discus	Men
15.20	3000m	Steeplechase	Men	F			
15.35	100mH		Women	F			
15.45	110mH		Men	F	15.45	Triple Jump	Women
15.55	400m		Women	F			
16.05	400m		Men	F	16.00	Javelin	Men
16.15	100m		Women	F	16.15	56lb Distance	Men
16.25	100m		Men	F			
16.35	100m		Men B	F			
16.45	1500m		Women	F			
16.55	1500m		Men	F			
17.05	4 x 400m		Women	F			
17.15	4 x 400m		Men	F			