

THE GLOHEALTH

SENIOR TRACK & FIELD CHAMPIONSHIPS

SAT.8TH AND SUN. 9TH OF AUGUST
MORTON STADIUM SANTRY.



Saturday 8th August

13.00	3000m	Junior	Women	F	10.30	Paralympic Discus	
13.15	5000m	Walk	Women	F	11.30	Paralympic Club	
13.45	3000m	Junior	Men	F	12.30	Paralympic Javelin	
14.00	3000m	S/C	Women	F	13.30	Paralympic Shot	
14.20	200m		Women	H			
14.30	200m		Men	H	13.30	Hammer	Men
14.50	800m		Women	H			
15.05	800m		Men	H			
15.35	10,000m		Men	F	14.00	Triple Jump	Women
16.15	100m		Women	H	15.30	Triple Jump	Men
16.25	100m		Men	H			
16.45	100m	Wheelchair	Men	F			
16.50	1500m		Men	H	14.30	Discus	Women
17.20	5000m		Women	F			
17.45	400m		Women	H	16.00	Javelin	Women
18.00	400m		Men	H	17.15	Javelin	Men
18.30	400m	Wheelchair	Men	F	17.00	35 lb Height	Men
18.35	4 X 100		Women	F	17.00	56 lb Height	Men
18.45	4 X 100		Men	F			

Sunday 9th August

11.45	110mh		Men	Semi			
12.00	5000m	Race 1	Men	Times			
12.30	10,000m	Walk	Men	F	12.15	Pole Vault	Women
13.35	5000m	Race 2	Men	Times	12.30	Long Jump	Women
14.00	400mh		Women	F	12.30	High Jump	Women
14.10	400mh		Men	F	12.45	Hammer	Women
14.20	800m		Women	F			
14.30	800m		Men	F	13.00	Shot Put	Men
14.40	100m		Women	F			
14.50	100m		Men	F	14.15	Pole Vault	Men
15.00	100m		Men B	F			
15.10	3000m	S/C	Men	F	14.30	High Jump	Men
15.30	100mH		Women	F	14.30	Long Jump	Men
15.40	110m h		Men	F			
15.50	400m		Women	F			
16.00	400m		Men	F	14.45	Shot Put	Women
16.10	200m		Women	F			
16.20	200m		Men	F	15.15	Discus	Men
16.30	1500m		Women	F			
16.40	1500m		Men	F	16.15	56lb Distance	Men
16.50	4 x 400m		Women	F			
17.00	4 x 400m		Men	F			

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