

**Track**

**Field**

Time	Event	Category
10:00	60m	CE U18, U20 & Sen Men
10:30	60m - S1	Women
10:45	60m - S1	Men
11:25	400m	Women
11:40	400m	Men
12:15	60m - S2	Women
12:30	60m - S2	Men
13:00	3000m Walk	Men & Women
13:30	1500m	Women
13:35	1500m	Men
13:45	200m	Women
14:15	200m	Men
14:55	60mH - S1	Women
15:10	60mH - S1	Men
15:20	800m	Women
15:30	800m	Men
15:50	60mH - S2	Men
16:00	60mH - S2	Women
16:10	3000m	Women
16:25	3000m	Men
16:40	4x400m Relay	Mixed <b>(National Championships)</b>

Time	Event	Category
12:00	High Jump	Women & Men
14:00	High Jump	CE U18, U20 & Sen Men
11:00	Long Jump	CE U18, U20 & Sen Men
13:15	Long Jump	Women & Men
11:00	Pole Vault	Women
13:30	Pole Vault	Men
11:00	Shot Put	Women & Men
12:00	Shot Put	CE U18, U20 & Sen Men
14:00	Weight for Distance	Men & Women
15:00	Triple Jump	Men & Women

**Includes  
Men's Heptathlon  
Day 1**