



Event Timetable

SATURDAY 18 AUGUST

11:56	CLUB:CONNECT	14:03	400m Hurdles (W)	14:52	Long Jump (W)
13:00	Pole Vault (W)	14:13	400m (M)	15:06	110m Hurdles Final (M)
13:03	110m Hurdles Heats (M)	14:18	High Jump (M)	15:14	Emsley Carr Mile (M)
13:19	Long Jump (M)	14:22	1500m (W)	15:24	1000m (W)
13:32	100m Hurdles (W)	14:33	3000m Steeplechase (M)	15:34	800m (M)
13:42	100m Heats (M)	14:45	Javelin (M)	15:44	200m (W)
13:47	Shot (W)	14:49	3000m (W)	15:53	100m Final (M)