



30th June & 1st July 2018
Alexander Stadium, Birmingham

Timetable

Saturday 30th June

Time	M/W	Description	Rounds
11:45	M	Discus	Final
11:50	W	100m	Heats
12:30	M	100m	Heats
13:16	M	Triple Jump	Final
13:20	W	400m	Heats
13:46	W	Pole Vault	Final
13:50	W	100m hurdles	Heats
14:07	M	Javelin	Final
14:21	W	400m hurdles	Heats
14:47	W	High Jump	Final
14:50	W	100m	Semi-Final
15:02	W	Triple Jump	Final
15:05	M	100m	Semi-Final
15:27	M	400m	Heats
15:52	M	Hammer	Final
15:55	M	5000m	Final
16:18	M	3000m Steeplechase	Final
16:34	W	100m hurdles	Final
16:40	M	Shot	Final
16:45	W	100m	Final
16:55	M	100m	Final
17:07	M	400m hurdles	Heats
17:35	W	800m	Heats
18:03	M	800m	Heats
18:31	W	1500m	Heats
18:50	M	1500m	Heats

*Please note the timetable is subject to change



30th June & 1st July 2018
Alexander Stadium, Birmingham

Sunday 1st July

11:32	W	Discus	Final
11:35	W	5000m walk	Final
12:15	M	5000m walk	Final
12:47	M	Pole Vault	Final
12:50	M	110m hurdles	Heats
13:20	W	200m	Heats
13:24	M	Long Jump	Final
13:47	W	Javelin	Final
13:50	M	200m	Heats
14:18	M	High Jump	Final
14:21	M	400m hurdles	Final
14:31	W	400m hurdles	Final
14:44	W	3000m Steeplechase	Final
14:58	W	Shot	Final
15:01	M	800m	Final
15:11	W	5000m	Final
15:32	W	Hammer	Final
15:36	W	800m	Final
15:42	W	Long Jump	Final
15:48	M	110m hurdles	Final
15:58	W	200m	Final
16:08	M	1500m	Final
16:20	W	400m	Final
16:30	M	400m	Final
16:40	W	1500m	Final
16:50	M	200m	Final

*Please note the timetable is subject to change