



# Event Timetable

## SATURDAY 21ST JULY

12:40	400m National (M)	14:15	100m Heats (W)
13:00	T44/47/64 Long Jump (W)	14:30	Long Jump (W)
13:05	3000m Race Walk (M)	14:35	100m Heats (M)
13:25	T11 200m (W)	14:55	400m (M)
13:30	Pole Vault (M)	15:05	5000m (M)
13:33	3000m (W)	15:26	400m Hurdles (M)
13:48	T61 200m (M)	15:38	100m Final (W)
14:04	400m Hurdles (W)	15:50	100m Final (M)
14:09	Javelin (W)		

## SUNDAY 22ND JULY

12:16	CLUB:CONNECT	14:31	Long Jump (M)
13:20	4x100m Relay (M)	14:37	110m Hurdles (M)
13:32	4x100m Relay (W)	14:48	800m (W)
13:40	T34 100m (W)	14:58	800m (M)
13:45	Discus (W)	15:08	1500m (M)
13:50	T37/38 200m (W)	15:19	200m (M)
14:04	400m (W)	15:29	200m (W)
14:09	High Jump (W)	15:39	100m Hurdles (W)
14:15	100m Hurdles Heats (W)	15:49	Millicent Fawcett Mile (W)