



**Senior and U20 Combined Events championships
and England Athletics Disability Open
25-26 May 2019**

TRACK SATURDAY

T1	10.15	Senior Men	(7)	100m
T2	10.40	Junior Men	(5)	100m
T3	11.05	Senior Women	(5)	100m H
T4	11.25	Junior Women	(5)	100m H
T5	11.45	WCR	(2)	100m
T6	11.55	Ambulant M	(3)	100m
T7	12.10	Ambulant W	(2)	100m
T8	14.35	Ambulant M	(3)	100m
T9	14.50	Ambulant W	(2)	100m
T10	15.00	WCR W		400m
T11	15.10	WCR M		400m
T12	16.00	WCR		800m
T13		Senior Men (-)		400m
T14		Senior Women (-)		200m
T15		Junior Women (-)		200m
T16		Junior Men (-)		400m

TRACK SUNDAY

T17	9.45	Senior Men		110m H
T18	10.15	Junior Men		110m H
T19	11.00	Ambulant w		200m
T20	11.05	Ambulant m		200m
T21	12.20	Ambulant w		400m
T22	12.20	Ambulant m		400m
T23	16.00	Senior Women		800m
T24	16.30	Junior Women		800m
T25		Senior Men		1500m
T26		Junior Men		1500m

FIELD SATURDAY

F1	11.15	Senior Men	Long Jump
F2	12.00	Senior Women	High
F3	12.45	Junior Men	Long Jump
F4	13.00	Junior Women	High
F5	13.05	Senior Men	Shot
F6	14.25	Junior Men	Shot
F7	15.00	Senior Men	High
F8	15.25	Senior Women	Shot
F9	16.15	Junior Men	High
F10	16.25	Junior Women	Shot
F11	17.00	Ambulant	Long Jump

FIELD SUNDAY

F12	10.15	SW	Long Jump
F13	11.00	Senior Men	Discus
F14	11.45	Junior Women	Long Jump
F15	12.15	Junior Men	Discus
F16	12.45	Senior Men	Pole Vault
F17	13.30	Senior Women	Javelin
F18	13.45	Junior Women	Javelin
F19	14.45	Junior Men	Pole Vault
F20		Senior Men	Javelin
F21		Junior Men	Javelin