



Manchester Regional Arena  
Event Days 2021

<b>MEN</b>	<b>EVENT</b>	<b>WOMEN</b>
FRI / SAT*	100m	FRI / SAT*
SUN	200m	SUN
FRI / SAT	400m	FRI / SAT
SAT / SUN	800m	SAT / SUN
FRI / SAT	1500m	FRI / SAT
SAT	5000m	SUN
SUN	3000m SC	SAT
SAT	110mH/100mH	SUN
SAT / SUN	400mH	FRI / SAT
SAT	HJ	SUN
SUN	PV	SAT
SAT	LJ	SUN
SUN	TJ	SAT
SAT	SP	SUN
SAT	DT	SUN
SUN	HT	SAT
SAT	JT	SUN
SUN	5km Walk	SUN
FRI / SAT	DEC / HEPT	SAT / SUN
FRI	U20 3000m	FRI
SAT	400m Wheelchair Race	SUN
SAT	100m Ambulant	SUN

\*Semi & Final