

UK ATHLETICS CHAMPIONSHIPS MANCHESTER

8th & 9th July 2023
Manchester Regional Arena
Event Timetable

Saturday, July 8th			
11:30	100m	Men	Heats
11:40	Javelin Throw	Women	Final
12:35	100m	Women	Heats
13:05	Triple Jump	Women	Final
13:25	100m H	Women	Heats
13:50	Shot Put	Men	Final
13:55	800m	Men	Heats
14:25	800m	Women	Heats
14:36	Hammer Throw	Women	Final
14:55	100m H	Women	Final
15:00	Pole Vault	Women	Final
15:05	400m H	Men	Heats
15:35	400m H	Women	Heats
16:00	Long Jump	Men	Final
16:05	400m	Men	Heats
16:35	400m	Women	Heats
17:05	100m	Men	Semi-Final
17:24	High Jump	Women	Final
17:28	100m	Women	Semi-Final
17:47	Discus Throw	Men	Final
17:51	1500m	Men	Heats
18:15	1500m	Women	Heats
18:40	3000m SC	Women	Final
19:00	5000m	Men	Final
19:22	100m	Men	Final
19:32	100m	Women	Final

Sunday, July 9th			
11:15	Javelin Throw	Men	Final
11:45	5000m Walk	Women	Final
12:20	Triple Jump	Men	Final
12:25	5000m Walk	Men	Final
12:55	Shot Put	Women	Final
13:00	110m H	Men	Heats
13:10	Hammer Throw	Men	Final
13:30	200m	Women	Heats
14:00	200m	Men	Heats
14:10	Pole Vault	Men	Final
14:30	5000m	Women	Final
14:50	High Jump	Men	Final
14:55	110m H	Men	Final
15:05	400m H	Women	Final
15:10	Long Jump	Women	Final
15:15	400m H	Men	Final
15:20	Discus Throw	Women	Final
15:25	3000m SC	Men	Final
15:40	200m	Women	Final
15:50	200m	Men	Final
16:00	400m	Men	Final
16:10	1500m	Women	Final
16:20	400m	Women	Final
16:30	800m	Men	Final
16:40	800m	Women	Final
16:50	1500m	Men	Final

**Correct as of 2/06/2023*

**Timetable is subject to change*