

# UK ATHLETICS CHAMPIONSHIPS MANCHESTER

8<sup>th</sup> & 9<sup>th</sup> July 2023  
Manchester Regional Arena  
Event Timetable

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

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

*\*Correct as of 2/06/2023*

*\*Timetable is subject to change*