## CHAMPIONSHIPS MANCHESTER MICTOPUS

Saturday, June 29					
11:30	400m Hurdles	Women	Heats		
11:57	Javelin Throw	Women	Final		
12:00	400m Hurdles	Men	Heats		
12:30	100m	Women	Heats		
13:17	Long Jump	Men	Final		
13:20	100m	Men	Heats		
14:22	High Jump	Men	Final		
14:25	800m	Men	Heats		
14:52	Discus Throw	Men	Final		
14:55	800m	Women	Heats		
15:25	100m Hurdles	Women	Heats		
15:52	Pole Vault	Women	Final		
15:55	400m	Women	Heats		
16:22	Triple Jump	Women	Final		
16:25	400m	Men	Heats		
16:55	100m Ambulant	Women	Race 1		
17:02	100m	Women	Semi-Final		
17:25	100m Ambulant	Men	Race 1		
17:29	Hammer Throw	Women	Final		
17:32	100m	Men	Semi-Final		
17:55	Shot Put	Men	Final		
17:58	100m Hurdles	Women	Final		
18:06	1500m	Men	Heats		
18:30	1500m	Women	Heats		
19:00	3000m SC	Women	Final		
19:18	5000m	Women	Final		
19:42	100m Ambulant	Women	Race 2		
19:50	100m Ambulant	Men	Race 2		
19:58	100m	Women	Final		
20:08	100m	Men	Final		

## CHAMPIONSHIPS MANCHESTER MICTOPUS

Sunday, June 30				
11:15	Race Walk	Men	Final	
11:35	Javelin Throw	Men	Final	
12:10	Race Walk	Women	Final	
12:42	Triple Jump	Men	Final	
12:45	110m Hurdles	Men	Heats	
13:12	High Jump	Women	Final	
13:15	200m	Women	Heats	
13:42	Discus Throw	Women	Final	
13:45	200m	Men	Heats	
14:12	Pole Vault	Men	Final	
14:15	1500m Ambulant	Men	Final	
14:24	400m Wheelchair	Women	Final	
14:31	3000m SC	Men	Final	
14:42	Long Jump	Women	Final	
14:45	5000m	Men	Final	
15:10	110m Hurdles	Men	Final	
15:20	400m Hurdles	Women	Final	
15:30	400m Hurdles	Men	Final	
15:41	Hammer Throw	Men	Final	
15:45	<b>200</b> m	Men	Final	
15:52	Shot Put	Women	Final	
15:55	<b>200</b> m	Women	Final	
16:05	400m	Women	Final	
16:15	800m	Women	Final	
16:25	400m	Men	Final	
16:35	800m	Men	Final	
16:45	1500m	Women	Final	
16:55	1500m	Men	Final	