

Saturday 2nd September 2023

V3					
Track			Field		
10.00	100m Hds	U20W,SW	10.00	Long Jump	U17M
10.10	80m Hds	U17W	11.00	Long Jump	MM
10.45	75m Hds	U13B	11.30	High Jump	U17W
11.00	80m Hds	U15B	11.30	High Jump	U20W,SW
11.10	100m	U20M,SM	11.30	Shot	U13B
12.00	4x100m Relay Heats	U15G	11.45	Discus	U17M
12.15	4x100m Relay Heats	U13G	12.00	Long Jump	U20M,SM
12.45	1500m S/C	U17W, U20W	12.45	Shot	U15B
13.10	1500m S/C	U17M	13.15	Javelin	MM
13.40	3000m S/C	SM/MM	13.15	High Jump	U13B
14.00	4x100m Relay Final	U15G	13.30	Shot	U20M,SM
14.20	4x100m Relay Final	U13G	14.15	Long Jump	U15B
14.45	200m	MM	14.15	Javelin	U17M
15.15	4x300m Relay Final	U15G	14.45	Shot	U20W,SW
15.30	4x200m Relay Final	U13G	14.45	Shot	U17W
15.50	400m	U17M	15.00	High Jump	U20M,SM
16.05	200m	U20W,SW	16.00	Long Jump	U13B
16.10	200m	U17W	16.00	Discus	MM
16.45	400m	U20M,SM	16.30	High Jump	U15B
17.00	1500m	MM			
17.15	800m	U13B			
17.35	800m	U15B			

Note: As with all Combined Events Competitions, all start times are approximate and subject to change on the day

Sunday 3rd September 2023**V3****TRACK**

10.00	110m Hdns	U20M,SM
10.15	75m Hdns	U15G
10.30	70m Hdns	U13G
11.00	80m Hdns	MW (W45/50)
11.15	100m Hdns	U17M
11.30	3000m Walks	SM+V45-80
12.30	4x100m Relay Heats	U17M
12.45	4x100m Relay Final	U13B
13.30	4x100m Relay Final	U15B
14.00	4x100m Relay Final	U17W
14.25	4x100m Relay Final	U20W/SW
14.35	4x100m Relay Final	U20M/SM
15.00	4x100m Relay Final	U17M
15.30	1500m	U17M
15.40	800m	MW
15.55	4x200m Relay Final	U13B
16.05	4x300m Relay Final	U15B
16.10	4x300m Relay Final	U17W
16.20	4x400m Relay Final	U20W/SW
16.30	4x400m Relay Final	U17M/U20M
16.40	4x400m Relay Final	SM
16.55	800m	U20W,SW
17.05	800m	U17W
17.15	1500m	U20M,SM
17.25	800m	U15G
17.35	800m	U13G

FIELD

11.00	Discus	U20M,SM
11.30	Shot	U15G
12.00	High Jump	MW
12.30	Long Jump	U20W,SW
12.30	Long Jump	U17W
12.30	Shot	U13G
12.45	Pole Vault	U20M,SM
13.00	High Jump	U17M
13.30	Long Jump	U15G
13.30	Shot	MW
14.15	High Jump	U13G
14.45	Long Jump	MW
14.45	Shot	U17M
15.00	Javelin	U20W,SW
15.00	Javelin	U17W
15.45	High Jump	U15G
16.15	Long Jump	U13G
16.15	Javelin	U20M,SM

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