

## DRAFT TIMETABLE

### FRIDAY

	<b>Track</b>	<b>Field -continue all day</b>
7.45	10,000m	Hammer Shot Long Jump
11.00	1500m walk	
12.00	60m heats	
12.30	60m finals	
13.50	800m	
15.30	100m heats	
16.00	100m finals	

### SATURDAY

	<b>Track</b>	<b>Field -continue all day</b>
7.45	5km walk	Javelin Discus
9.00		High Jump
10.00	Short Hurdles	
10.45	1500m	
13.15	200m heats	
14.00	2km Steeplechase	
15.00	3km Steeplechase	
15.30	200m finals	
16.50	400m heats	

### SUNDAY

	<b>Track</b>	<b>Field -continue all day</b>
7.45	5000m	Triple Jump
8.00		Throws Pentathlon
8.45		Pole Vault
11.00	400m finals	
13.15	4 x 100m relay	
14.30	Long Hurdles	

### MONDAY

	<b>Track</b>	<b>Field -continue all day</b>	<b>ex-stadia</b>
8.00		Weight Throw Pentathlon	10km road walk 8km x-country
14.00	4 x 400m relay		