

**TRACK**

• 2.10pm	Permit	<b>3,000m Steeple chase</b>	Men
• 2.20pm	U18	300m Hurdles	Women
• 2.25pm	U18	300m Hurdles	Men
• 2.30pm	Para Permit	<b>100m</b>	Women
• 2.33pm	Para Permit	<b>100m</b>	Men
• 2.36pm	Open	100m (graded)	Women
• 2.56pm	Open	100m (graded)	Men
• 3.26pm	Open	400m (graded)	Women
• 3.36pm	Open	400m (graded)	Men
• 3.46pm	Schools	1500m	Girls
• 3.56pm	Schools	1500m	Boys
• 4.06pm	Open	1500m	Women
• 4.10pm	Open	1500m	Men
• 4.22pm	<b>Wheelchair PERMIT</b>	<b>1500m</b>	M / W
• 4.30pm	U16	80m Hurdles	Girls
• 4.40pm	U18	100m Hurdles	Girls
• 4.45pm	U20	100m Hurdles	Women
• 4.55pm	U16	100m Hurdles	Boys
• 5.00pm	U18/U20	110m Hurdles	Men
• 5.10pm	Permit	<b>110m Hurdles</b>	Men
• 5.20pm	Permit	<b>100m Hurdles</b>	Women
• 5.25pm	U16 (club/schools)	4 x 400m Relay	Mixed**
• 5.35pm	U18 (club/schools)	4 x 400m Relay	Mixed**
• 5.45pm	Permit (12)	<b>800m</b>	Women
• 5.55pm	Permit (12)	<b>800m</b>	Men
• 6.10pm	Permit (8)	<b>200m</b>	Women
• 6.15pm	Permit (8)	<b>200m</b>	Men
• 6.20pm	Para Permit	<b>200m</b>	Women
• 6.25pm	Para Permit	<b>200m</b>	Men
• 6.30pm	Open (graded)	200m	Women
• 6.45pm	Open (graded)	200m	Men
• 7.00pm	Permit	<b>1500m</b>	Women
• 7.10pm	Permit	<b>1500m</b>	Men

**FIELD**

• 2.00pm	Permit	<b>High Jump</b>	Men
• 2.10pm	Permit	<b>Long Jump</b>	Women
• 3.40pm	Para Permit	<b>Shot put (ambulant)</b>	Women + Men
• 3.45pm	Permit	<b>High Jump</b>	Women
• 4.25pm	Permit	<b>Javelin</b>	Women + Men
• 4.30pm	Permit	<b>Long Jump</b>	Men
• 4.40pm	Permit	<b>Shot put</b>	Women
• 5.00pm	Permit	<b>Hammer</b>	Women / Men
• 6.10pm	Permit	<b>Shot put</b>	Men