

FULL COMBINED TIMETABLE for ALL 5 DIVISIONS

Note: All track races will be scheduled with a 10min 'call up' time prior to the start time.
Field events will also have a warm up start time which will be published closer to the event.

Time	Track	Field
10.00	3000m (5 races)	SP (Div 4), HT (Div 3), DT (Div 2), JT (Div 1), LJ (Prem), TJ (Div 4), HJ (Div 3)
10.30		PV (Div 2+3)
11.05	400mh (10 races)	
11.20		SP (Prem)
11.25		TJ (Div 2)
11.30		DT (Div 4)
11.35		HT (Div 1), JT (Div 2)
11.40		LJ (Div 1)
11.45	100m (20 races, including non-scoring)	HJ (Prem)
12.45	800m (10 races)	
12.50		DT (Prem)
12.55		SP (Div 1)
13.00		TJ (Prem)
13.05		HT (Div 4)
13.10		JT (Div 3)
13.15		LJ (Div 4)
13.20		HJ (Div 2)
13.30		PV (Prem + Div 1)
13.35	3000m s/c (5 races)	
14.25		DT (Div 3)
14.30		SP (Div 2)
14.35		HT (Prem), LJ (Div 3)
14.40	400m (10 races)	JT (Div 4)
14.45		TJ (Div 1)
15.00		HJ (Div 4)
15.15	1500m (5 races)	
15.50	110mh (10 races)	
16.00		DT (Div 1), JT (Prem)
16.05		SP (Div 3)
16.10		HT (Div 2)
16.15		LJ (Div 2)
16.20		TJ (Div 3)
16.25		HJ (Div 1)
16.30		PV (Div 4)
16.35	200m (10 races)	
17.05	4x100m	
17.30	4x400m	