

Saturday 28th May 2022 (version 2)

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T1	10:15	Senior Women	Heat 1	100m H	T13	9.45	Under 18 Men	Heat 1	110m H
	10:20	Senior Women	Heat 2	100m H					
	10:25	Senior Women	Heat 3	100m H	T14	9.55	Under 20 Men	Heat 1	110m H
	10:30	Senior Women	Heat 4	100m H		10.00	Under 20 Men	Heat 2	110m H
					10.05	Under 20 Men	Heat 3	110m H	
T2	10:35	Under 20 Women	Heat 1	100m H	T15	10.15	Senior Men	Heat 1	110m H
	10:40	Under 20 Women	Heat 2	100m H		10.20	Senior Men	Heat 2	110m H
	10:45	Under 20 Women	Heat 3	100m H		10.25	Senior Men	Heat 3	110m H
				10.30		Senior Men	Heat 4	110m H	
T3	10:50	Under 18 Women	Heat 1	100m H					
	10:55	Under 18 Women	Heat 2	100m H					
					F11	10.30	Under 20/U18 Men	2 Pools	Discus
T4	11:10	Senior Men	Heat 1	100m	F12	10.30	Under 20/U18 Women	2 Pools	Long Jump
	11:15	Senior Men	Heat 2	100m					
	11:20	Senior Men	Heat 3	100m	F13	12.00	Senior Men	2 Pools	Discus
	11:25	Senior Men	Heat 4	100m					
F1	11:15	Senior Women		High Jump	F14	12.15	Senior Women	2 Pools	Long Jump
T5	11:30	Under 20 Men	Heat 1	100m	F15	13.00	Under 20/18 Women	Pool 1	Javelin
	11:35	Under 20 Men	Heat 2	100m					
	11:40	Under 20 Men	Heat 3	100m	F16	13.00	Under 20/18 Women	Pool 2	Javelin
T6	11:45	Under 18 Men	Heat 1	100m	F17	12.30	Under 20/18 Men	2 Pools	Pole Vault
F2	12:00	Senior Men	2 pools	Long Jump	F18	14.00	Senior Women	Pool 1	Javelin
F3	13:15	Under 20/18 Women		High Jump	F19	14.00	Senior Women	Pool 2	Javelin
F4	13:20	Under 20/18 Men	2 pools	Long Jump	F20	14.30	Senior Men	2 Pools	Pole Vault
F5	13:30	Senior Men	2 pools	Shot	F21	15.00	Under 20/18 Men	Pool 1	Javelin
F6	14:50	Under 20/18 Men	2 pools	Shot	F22	15.00	Under 20/18 Men	Pool 2	Javelin
F7	15:15	Senior Men		High Jump	T16	16.15	Under 18 Women	Heat 1	800m
F8	16:00	Senior Women	2 pools	Shot	F23	16.15	Senior Men	Pool 1	Javelin
F9	17:00	Under 20/18 Men		High Jump	F24	16.15	Senior Men	Pool 2	Javelin
F10	17:00	Under 20/18 Women	2 pools	Shot					
					T17	16.20	Under 20 Women	Heat 1	800m
T7	17:15	Senior Men	Heat 1	400m	16.25	Under 20 Women	Heat 2	800m	
	17:20	Senior Men	Heat 2	400m	16.30	Under 20 Women	Heat 3	800m	
	17:25	Senior Men	Heat 3	400m					
	17:30	Senior Men	Heat 4	400m					
T8	17:35	Senior Women	Heat 1	200m	T18	16.35	Senior Women	Heat 1	800m
	17:40	Senior Women	Heat 2	200m		16.40	Senior Women	Heat 2	800m
	17:45	Senior Women	Heat 3	200m		16.45	Senior Women	Heat 3	800m
	17:50	Senior Women	Heat 4	200m		16.50	Senior Women	Heat 4	800m
T9	17:55	Under 20 Women	Heat 1	200m	T19	17.05	Under 18 Men	Heat 1	1500m
	18:00	Under 20 Women	Heat 2	200m					
	18:05	Under 20 Women	Heat 3	200m					
T10	18:10	Under 18 Women	Heat 1	200m	T20	17.15	Under 20 Men	Heat 1	1500m
	18:15	Under 18 Women	Heat 2	200m		17.20	Under 20 Men	Heat 2	1500m
						17.25	Under 20 Men	Heat 3	1500m
T11	18:20	Under 18 Men	Heat 1	400m					
T12	18:25	Under 20 Men	Heat 1	400m	T21	17.35	Senior Men	Heat 1	1500m
	18:30	Under 20 Men	Heat 2	400m		17.40	Senior Men	Heat 2	1500m
	18:35	Under 20 Men	Heat 3	400m		17.45	Senior Men	Heat 3	1500m

N.B. Times for field events may alter on the day.