



DRAFT 4 TIMETABLE (14/05/08)

11.00			Hammer (M&W)	max 16
11.30	ICE U17 100m Heats (W)	3 races		
11.40			Long Jump (W)	
11.50	ICE U17 100m Heats (M)	3 races	Pole Vault (M)	
12.20	400m H (M)	2 races	High Jump (W)	
12.40	400m H (W)	2 races		
12.45			Shot (W)	
13.00	400m (W)	2 races	Triple Jump (W)	
13.05			Discus (W)	max 8
13.15	ICE U17 100m FINAL (W)	1 race		
13.23	ICE U17 100m FINAL (M)	1 race		
13.30	100m (W)	4 races		
13.55	PAN DISABILITY 100m (M)	1 race		
14.05	100m (M)	6 races		
14.10			Discus (M)	max 8
14.30			Long Jump (M)	
14.40	100m H (W)	3 incl 1xU20		
14.45			High Jump (M)	
15.00	110m H (M) (Race A U20)	4 incl 2xU20		
15.10			Pole Vault (W)	
15.20			Javelin (W)	
15.30	4 x 75m Schools Relay (B)	1 race		
15.40	4 x 75m Schools Relay (G)	1 race	Shot (M)	
15.45	200m (M)	3 incl 1xU20	Triple Jump (M)	
16.05	PAN DISABILITY 200m (W)	1 race		
16.10	200m (W)	3 incl 1xU20		
16.30	PAN DISABILITY 400m (M)	1 race	Javelin (M)	
16.35	400m (M)	2 races		
	BIG Schools Event			
16.50	6 x 10m Shuttle Run	4 races		
17.15	4 x 100m Relay (W)	1 race		
17.25	4 x 100m Relay (M)	1 race		

Number of races is the maximum to be run