



DRAFT 4 TIMETABLE (14/05/08)

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

Number of races is the maximum to be run