

Provisional Timetable

Timetable is for guidance only.

10:30	90M	Youths	Heats	
11:25	110M	NYS	Heats	2Hrs 10Mins
12:20	90M	Youths	X-Ties	
12:40 BREAK 20 Mins				
13:00	800M	Youths	Final	
13:10	800M	Open	Final	
13:20	110M	NYS	X-Ties	
13:45	90M	Youths	Final	
13:50	90M	Ladies	Heats	2hrs 20 mins
14:10	90M	Masters	Heats	
14:35	200M	Youths	Heats	
14:55	400M	Open	Heats	
15:00	200M	Open	Heats	
BREAK 20 mins				
15:20		Back Markers	Final	
15:25	1500 M	Open	Final	
15:35	200 M	Youths	Final	
15:45	200 M	Open	Final	
15:55	400 M	Open	Final	1hr 10 Mins
16:05	90 M	Ladies	Final	
16:15	90 M	Masters	Final	
16:30	110 M	NYS	Final	