

**Athletes must declare their intention to compete at least 60 mins before the scheduled start time of their event.**

Track				
Event No	Time	Event	Age Group	Heat Info
01	15:55	Open 60m	All	A 1 to 4
02	16:15	Open 60m	All	B 5 to 7
03	16:33	Open 800m	All	A 1 to 4
04	16:53	Open 800m	All	B 5 to 7
05	17:08	Open 800m	All	C 8 to 10
06	17:23	Invitational 400m	Senior Men	1
<b>Open races will be seeded on time and will run slowest to fastest</b>				
Break				
07/h	17:55	60m Hurdles	Women	1
08/h	18:08	60m	Women	1
09/h	18:28	60m	Men	1
10	18:48	60m	Para Men	Final
11	18:53	Cornerstone Trad Masonry 60m	Para Women	Final
12	19:01	British Athletics Supporters Club Mile	Women	Final
13	19:08	Ubique Risk Management Limited Mile	Men	Final
14	19:18	400m	U20 Women	Final
15	19:23	400m	Women	Finals
16	19:38	400m	Men	Finals
07/f	20:01	60m Hurdles	Women	Final
08/f	20:09	60m	Women	Final
09/f	20:14	60m	Men	Final
17	20:22	Training for Success 800m	Women	Final
18	20:32	Archangel Investors Limited 800m	Men	Final
19	20:45	200m	Women	Finals
20	21:03	200m	Men	Finals
Field				
Event No	Time	Event	Age Group	Info
30	15:45	Open Triple Jump	Male and Female	9m / 11m / 13m
31	18:00	Long Jump	Senior & U20 Women	Final
32	19:49	Long Jump	Senior & U20 Men / Para Men	Final

**Long Jump - all athletes will receive 3 trials with the top 8 receiving an additional 3 trials**

**Triple Jump - all athletes will receive 6 trials**

