

Saturday 16 <sup>th</sup> September 2023							
Time	SB	SG	IB	IG	JB	Walks	Time
09.30		100m H	LJ 1/2				09.30
10.00					80m H		10.00
10.25				80m H			10.25
10.30		HJ 1/4					10.30
11.00	100m						11.00
11.15			Disc 1/2		Shot 1/2		11.15
11.25				HJ 2/3			11.25
11.45	LJ 1/2						11.45
12.30						JG/JB 3Km	12.30
1.00	Shot 1/2		Jav 1/2		LJ 1/2	IG 3Km	1.00
1.30						Presentation JG	1.30
1.40		Shot 1/2				SB/SG/IB 5Km	1.40
2.00						Presentation JB/IG	2.00
*2.30				Shot 1/2		Presentation IB/SG/SB	*2.30
*2.45	HJ 1/4				HJ 1/2		*2.45
*2.50			400m				*2.50
*3.30		200m					*3.30
*4.15				200m			*4.15
*4.30	400m						*4.30
*5.00					800m		*5.00
*6.00					Presentation		*6.00

Sunday 17 <sup>th</sup> September 2023							
Time	SB	SG	IB	IG	JG	Wheelchair Races	Time
9.00	110m H			LJ 1/2			09.00
09.30					75m H		09.30
10.00	Disc 1/2						10.00
10.15		LJ 1/2					10.15
10.45			100m H	Jav 1/2	Shot 1/2		10.45
11.30	PV 1/2					ESAA Wheelchair races 11:15-11:45 100m followed by 400m	11.30
11.45			HJ 2/3				11.45
12.15		Jav 1/2			HJ 1/4		12.15
1.00				800m			1.00
2.00	Jav 1**		Shot 1/2				2.00
*2.30				Presentation			*2.30
*3.00	Jav 2**	800m			LJ 1/2		*3.00
*3.45		Presentation	1500m				*3.45
*4.15	1500m						*4.15
*4.45			Presentation		800m		*4.45
*5.15	Presentation				Presentation		*5.15

\* = approximate time only. \*\* subject to change depending on the PV competition.

The Referees may change the time depending on the progress of the Pole Vaults and other events. PRESENTATIONS will take place as soon after the conclusion of the events as possible. Unless athletes are told otherwise they should have completed their warm up, etc and be prepared to start the different competitions at the stipulated start times.