

# INTER / SENIOR TIMETABLE - Wednesday 24<sup>th</sup> April 2024

TRACK				FIELD				
				9.30	Hammer	IB/SB		
				10.00	Hammer	IG		
					Hammer	SG		
10.30	300mH	IG	Final				Javelin	SG
	400mH	IB	Final	10.30				
	400mH	SB	Final					
				10.45	High Jump	IG	Shot	IB
10.50	100m	IG	Semi finals (3)		Triple Jump	SB	Discus	IG
	100m	IB	Semi-finals (4)		Long Jump	IB		
	100m	SB	Semi-finals (2)					
11.20	300m	IG	Semi finals (2)					
	400m	IB	Semi finals (3)					
	400m	SB	Semi-finals (2)					
				11.30			Javelin	SB
11.35	1500mS/C	IG / SG	Final					
11.45	3000m	IB	Final	11.45	Triple Jump	IB		
	3000m	IG/SG	Final					
				12.00	Long Jump	IG	Discus	IB
12.15	80mH	IG	Final	12.15	High Jump	IB	Shot	IG
	100mH	SG	Final					
	100mH	IB	Final					
	110mH	SB	Final					
12.45	200m	IG	Semi finals (3)					
	200m	IB	Semi finals (3)					
				1.00			Javelin	IG
1.15	1500mS/C	IB	Final					
1.30	2000mS/C	SB	Final	1.30	Long Jump	SG	Shot	SB
				1.45	High Jump	SB		
					Triple Jump	IG		
2.00	100m	IG	Final	2.00			Discus	SG
	100m	IB	Final					
	100m	SG	Final					
	100m	SB	Final					
2.15	800m	IG	Time trial					
	800m	SG	Final					
	800m	IB	Time trial					
	800m	SB	Final	2.30	Long Jump	SB	Shot	SG
2.40	5000m	SB	Final					
				2.45	High Jump	SG	Javelin	IB
3.10	200m	IG	Final		Triple Jump	SG		
	200m	IB	Final					
	200m	SG	Final					
	200m	SB	Final	3.15			Discus	SB
3.30	300m	IG	Final					
	400m	IB	Final					
	400m	SG	Final					
	400m	SB	Final					
3.50	4x100m	IG	Semi-finals (2)					
	4x100m	IB	Semi-finals (2)					
4.10	1500m	IG/SG	Final					
	1500m	IB	Final					
	1500m	SB	Final					
4.30	4 x100m	IG	Final					
	4x100m	IB	Final					
	4x100m	SG	Final					
	4x100m	SB	Final					
4.50	4x300m	SG	Final					
	4x400m	SB	Final					

