

Day 10	Sunday 13 April	Age Group			Round	Specification	Event Site
8.00am	Shot Put	Open Men	14	1	Qualification	7.26kg	
9.00am	Javelin	U20 Men	16	1	Final	800g	JT B (Home Bend D)
9.15am	100m	U20 Para Men	10+0	2	Timed Finals		
9.28am	100m	U20 Para Women	8+2	2	Timed Finals		
9.30am	Shot Put	U20 Women	14	1	Final	4.00kg	SP B (Home Bend D)
9.40am	200m (Ambulant)	Open Women	19	3	1st Round		
10.00am	200m (Ambulant)	Open Men	33	4 or 5	1st Round		
10.00am	Triple Jump	U20 Men	16	1	Final		TJ E (Home Straight)
10.30am	1500m	U20 Women	12	1	Final		
10.40am	1500m	U20 Men	12	1	Final		
10.50am	400m Hurdles	U20 Men	8	1	Final	0.914m	
10.50am	Discus	Open Women	14	1	Final	1.00kg	DT A (1500m Start)
11.00am	400m Hurdles	U20 Women	8	1	Final	0.762m	
11.15am	5000m	Open Men	2x24	1	Final - 2		
11.30am	Shot Put (Ambulant)	Open Women	10	1	Final		SP B (Home Bend D)
11.45am	100m Hurdles	Open Women	30	3	1st Round	0.838m	
12.00pm	Long Jump	Open Women	10	1	Final		LJ F (Home Straight)
12.05pm	110m Hurdles	Open Men	22	3	1st Round	1.067m	
12.30pm	200m	Open Women	24	3	1st Round	3 heats of 8 - 14 seeds + 10 from PQR	
12.30pm	Javelin	Open Men	10	1	Final	800g	JT B (Home Bend D)
12.40pm	Pole Vault	Open Men	10	1	Final		PV B (HS -100m Start)
12.45pm	200m	Open Men	24	3	1st Round	3 heats of 8 - 14 seeds + 10 from PQR	
1.00pm	200m (Ambulant)	Open Women	8	1	Final		
1.00pm	High Jump	Open Women	8	1	Final		HJ B (Home Bend D)
1.07pm	200m (Ambulant)	Open Men	8	1	Final		
1.10pm	Shot Put	Open Men	14	1	Final	7.26kg	SP A (Finish D)
1.15pm	800m	Open Women	8	1	Final		
1.25pm	800m	Open Men	8	1	Final		
1.30pm	Long Jump	Open Men	10	1	Final		LJ F (Home Straight)
1.35pm	110m Hurdles	Open Men	8	1	Final	1.067m	
1.45pm	100m Hurdles	Open Women	8	1	Final	0.838m	
2.00pm	5000m	Open Men	2x24	1	Final - 1		
2.00pm	Hammer	Open Women	10	1	Final	4.00kg	HT A (1500m Start)
2.30pm	400m Hurdles	Open Women	8	1	Final	0.762m	
2.40pm	400m Hurdles	Open Men	8	1	Final	0.914m	
2.50pm	200m	Open Women	8	1	Final		

3.00pm	200m	Open Men	8	1	Final		
3.10pm	5000m	Open Women	29	1	Final		
3.35pm	4x400m Relay	Open Mixed		1	Final		