

**SOUTH WEST  
VETERANS'  
ATHLETICS  
CLUB**



**TRACK & FIELD  
CHAMPIONSHIPS  
PROVISIONAL  
TIMETABLE**

<b>Time</b>	<b>Event</b>		<b>Time</b>	<b>Event</b>	
10.30	1 hour Track Run/1000m	M/W	10.15	Pole Vault	M/W
			10.35	Hammer	M
			11.15	Long Jump (inc Pentathlon)	M
12.00	3000m Steeplechase	M	11.45	Hammer	W
	2000m Steeplechase	W	12.15	Triple Jump	W
12.30	Sprint Hurdles	M/W	12.30	Javelin	W
	(Inc Pentathlon W)				
13.00	5000m	M/W	13.15	Javelin (inc Pentathlon)	M
13.30	100m	M/W	13.30	High Jump	M/W
				(Inc Pentathlon W)	
13.50	200m Pentathlon	M			
14.05	800m	M	14.15	Discus (inc Pentathlon)	M
14.15	800m	W	14.30	Shot Put (inc Pentathlon)	W
14.30	400 Hurdles	M			
	300 Hurdles	W			
14.45	200m	M/W	15.15	Long Jump (inc Pentathlon)	W
15.15	5000m Walk	M/W	15.45	Triple Jump	M
1600	400m	M/W			
			16.15	Discus	W
				Shot	M
16.20	800m Pentathlon	W			
16.30	1500m (inc Pentathlon)	M			