

## NAA and L&RAA Track & Field Championships - Final Timetable

### Sat 9th May

#### Time Track Events

1100	75m Hurdles - U14 Girls
1110	80m Hurdles - U14 Boys & U16 Girls
1120	100m Hurdles - U18 Girls
1120	100m Hurdles - U16 Boys & Senior Women
1130	110m Hurdles - U18 Men
1140	200m - LRAA U14 Girls - Heat 1
1145	200m - LRAA U14 Girls - Heat 2
1150	200m - NAA U16 Girls - Heat 1
1155	200m - NAA U16 Girls - Heat 2
1200	200m - NAA U14 Girls - Heat 1
1205	200m - NAA U14 Girls - Heat 2
1210	200m - L&RAA U14 Boys
1215	200m - NAA U14 Boys
1220	200m - LRAA U16 Boys
1225	200m - NAA U16 Boys

### Track Break

1300	Quad Kids Boys 75m - Heat 1
1305	Quad Kids Boys 75m - Heat 2
1310	Quad Kids Boys 75m - Heat 3
1315	Quad Kids Girls 75m - Heat 1
1320	Quad Kids Girls 75m - Heat 2
1325	200m Final - L&RAA U14 Girls
1330	200m Final - NAA U14 Girls
1335	200m Final - NAA U16 Girls
1340	800m - NAA U14 Girls Heat 1
1345	800m - NAA U14 Girls Heat 2
1350	800m - L&RAA U14 Girls
1355	800m - NAA U14 Boys
1400	800m - L&RAA U14 Boys
1405	800m - NAA U16 Girls
1410	800m - L&RAA U16 Girls
1415	800m - NAA U16 Boys
1420	800m - L&RAA U16 Boys
1425	800m - NAA U18 Girls
1430	800m - LRAA U18 Girls
1435	800m - NAA U18 Boys
1440	800m - L&RAA U18 Boys
1445	800m - NAA & LRAA U20, Senior & Masters Women
1450	800m - NAA Senior & Masters Men
1455	800m - NAA U20 & L&RAA U20, Senior & Masters Men

1500 200m - L&RAA U16 & U18 Girls  
 1505 200m - NAA U18 Women  
 1510 200m - NAA & LRAA U18 Men  
 1515 200m - NAA & LRAA U20, Senior & Masters Women  
 1520 200m - L&RAA U20 Men  
 1525 200m - NAA Senior Men  
 1530 200m - L&RAA Senior Men  
 1535 200m - NAA & LRAA Masters Men  
 1540 Quadkids 600m - Heat 1 Boys  
 1545 Quadkids 600m - Heat 2 Boys  
 1550 Quadkids 600m - Heat 1 Girls  
 1555 Quadkids 600m - Heat 2 Girls  
 1600 5000m - Race 1 - NAA Men  
 1625 5000m - Race 2 - All LRAA & NAA Lady

**Time      Field Events**

1100 Discus - U18 & above  
 1100 Long Jump - U14 Boys  
 1100 Shot Put - U14 & U16 Boys & Girls  
 1215 High Jump - All Female  
 1215 Long Jump - U16 Boys & Above  
 1230 Discus - U14 - U16 Boys & Girls  
 1230 Shot Put - U18 & Above Men & Women  
 1330 Quadkids Long Jump - U12 Boys  
 1330 Quadkids Howler - U12 Girls  
 1400 Pole Vault - Men & Women  
 1445 Quadkids Howler - U12 Boys  
 1445 Quadkids Long Jump - U12 Girls

**Quad Kids Timetable**

1300 Quadkids 75m – 5 Heats  
 1330 Quadkids Long Jump - U12 Boys  
 1330 Quadkids Howler - U12 Girls  
 1445 Quadkids Howler - U12 Boys  
 1445 Quadkids Long Jump - U12 Girls  
 1540 Quadkids 600m – 4 Heats

## Sunday 10th May

### Time Track Events

1115	200mH - U14
1125	400mH - U18 and above Men & Women
1135	300m - U16 Women
1140	300m - U16 Men
1150	100m - NAA U14 Girls Heat 1
1155	100m - NAA U14 Girls Heat 2
1200	100m - NAA U16 Girls Heat 1
1205	100m - NAA U16 Girls Heat 2
1210	100m - NAA U16 Boys Heat 1
1215	100m - NAA U16 Boys Heat 2
1225	400m - U18 Women & Above
1230	400m - NAA U18 Men
1235	400m - LRAA U18 Men
1240	400m - NAA & LRAA U20 Men
1245	400m - L&RAA Senior & Masters Men
1250	400m - NAA Senior & Masters Men
	<b>Track Break</b>
1315	100m Final - NAA U14 Girls
1320	100m - L&RAA U14 Girls
1325	100m - NAA U14 Boys
1330	100m - LRAA U14 Boys
1335	100m - L&RAA U16 Boys
1340	100m Final - NAA U16 Girls
1345	100m - L&RAA U16 Girls
1350	100m Final - NAA U16 Boys
1400	1500m - U14 Girls
1410	1500m - NAA U14 Boys
1420	1500m - LRAA U14 Boys
1430	1500m - U16 Girls
1440	1500m - U16 Boys
1450	100m - NAA & L&RAA U18 Women
1455	100m - NAA U18 Men
1500	100m - L&RAA U18 Men
1505	100m - NAA & LRAA U20 Women
1510	100m - NAA & LRAA Senior & Masters Women
1515	100m - NAA & L&RAA U20 Men
1520	100m - NAA Masters Men
1525	100m - NAA & L&RAA Senior & Masters Men
1530	1500m - U18 Women & Above
1540	1500m - U18 Men
1550	1500m - U20, Senior & Masters Men

<b>Time</b>	<b>Field Events</b>
1030	Long Jump - U14 Girls
1030	Hammer - All Age Groups
1200	Long Jump - U16 and above Female
1130	High Jump - Men
1215	Javelin - All Women
1415	Javelin - Men
1415	Triple Jump - All Age Groups