

**Wolverhampton & Bilston A.C Anniversary Internal Games 15th September 19**  
**Track Timetable 2019**

<b>T1</b>	13.00	U9 Obstacle Race	1 race
<b>T2</b>	13.10	70m Hurdles	1 race
<b>T3</b>	13.20	U9/U11 75m	1 race
<b>T4</b>	13.25	U13 100m Girls	1 race
<b>T5</b>	13.30	U13 100m Boys	1 race
<b>T6</b>	13.35	U15/U17/U20/Vets 100m Men	1 race
<b>T7</b>	13.40	100m U17W/Vet Women	1 race
<b>T8</b>	13.45	400m U17/20/Sen/Vets Women	1 race
<b>T9</b>	13.50	400m U17/20/Sen/Vets	1 race
<b>T10</b>	13.55	600m U11/U13 Boys and Girls	1 race
<b>T11</b>	14.00	300m U15 Boys	1 race
<b>T12</b>	14.15	David Coleman Mile Races	
<b>T13</b>	15.00	4x100m Open Relays	

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**Field Timetable 2019**

<b>F1</b>	10.15	U15 and over Javelin	
<b>F2</b>	11.15	U11/U13/U15/Sen /Vets Discus	
<b>F3</b>	12.30	U9/U11/U13/ U15/U20/Long Jump	
<b>F4</b>	13.30	U11/U13/U15High Jump- Start Ht 1.00m	
<b>F5</b>	13.30	Cricket ball/Howler Throw	