

Manchester Timetable:- Approx timings.

Note: U13 athletes are NOT allowed to do 300m races.

60m Hurdles	10.30am sharp	
Long Jump	10.30am sharp	Pool 1 (less than 5 metres)
Pole Vault	10.30 sharp	Pool 1 (Starting Height 2 metres)
60m sprint	Approx 11.00am	senior down to under 15
Long Jump	Approx 12.15pm	Pool 2. (over 5 metres)
Pole Vault	Approx 1.15pm	Pool 2. (Starting Height 3.2m)
High Jump	Approx 1.30pm	2 beds
Shot put	Approx 1.30pm	Under 17/Under 15 only
600/300/200m races	Approx 1.30pm	seniors down to U15
60m sprint (second run)	Approx 4pm	following completion of all other events

PV (A) SH at 2 metres to start 10.30am.

Pool (B) SH at 3m 20cm starting approx. 13.15pm.

LJ Pool (A) under 5 metres to start 10.30am.

Pool (B) over 5 metres at 12.30pm.

Shot Putt - U15 and U17's only.

LIMITED NUMBER COMPETITORS IN FIELD EVENTS.

Pre-entries guaranteed a place.