

Timetable for Saturday 1st May 2021

	Field
11:00	Hammer Men + Women Pool 1 Long Jump Women Triple Jump Men
12:15	Discus Men + Women
13:00	High Jump pool 1
13:20	Pole Vault Men + Women
13:30	Hammer Men + Women Pool 2
14:40	Triple Jump Women Long Jump Men
14:45	Shot Put Men + Women
15:40	Javelin Men + Women
16:00	Second pool field if needed

Timetable for Sunday 2nd May 2021

	Track
11:00	400m Hurdles, Women
11:15	400m Hurdles, Men
11:40	100m Women, Men
12:30	100mH Women
12:45	110mH Men
13:10	400m Women, Men
13:40	200m Women, Men
14:10	200mH Women, Men
14:50	4x100 Women, Men
15:10	4x400 Women, Men