



TIMETABLE DRAFT 4 (31/05/07)

11.00		Hammer (M&W)	SHEFFIELD INSULATIONS
11.30	SPAR U17 100m Heats (W)		
11.40		Long Jump (W)	
11.50	SPAR U17 100m Heats (M)	Pole Vault (M)	
12.20	400m H (M)	High Jump (W)	ELMS BEDFORD
12.40	400m H (W)		
12.45		Shot (W)	
13.00		Triple Jump (W)	University of Bedfordshire
13.05	PAN DISABILITY 400m (M)		
13.10	400m (W)	Discus (W & M)	
13.25	SPAR U17 100m FINAL (W)		
13.35	SPAR U17 100m FINAL (M)		
13.45	100m (W)		
14.05	PAN DISABILITY 100m (M)		
14.10	100m (M)		
14.30		Long Jump (M)	
14.40		High Jump (M)	ELMS BEDFORD
14.45	800m (W)		
14.50	100m H (W) (Race A U18)		
15.10		Javelin (W)	
15.15	110m H (M) (Race A U18 / Race B U20)	Pole Vault (W)	
15.35	800m (M)		
15.40	4 x 75m Schools Relay (B)	Shot (M)	
15.45	4 x 75m Schools Relay (G)	Triple Jump (M)	University of Bedfordshire
15.50	200m (M)		
16.10	PAN DISABILITY 200m (W)		
16.15	200m (W)		
16.20		Javelin (M)	
16.30	400m (M)		
	BIG Schools Event		
16.50	6 x 10m Shuttle Run		
17.15	4 x 100m Relay (W)		
17.25	4 x 100m Relay (M)		

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