

Track Events		Start Time	A	B
400m Hurdles	Women	13:00	Claire Turnbull	Emma Payne
400m Hurdles	Men	13:10	Nick Phelps	Andrew Simpson
800m	Women	13:25	Faye Buckton	Shannon Penny
800m	Men	13:35		
100m	Women	13:45	Hayley Braithwaite	Frances Hubbard
100m	Men	13:55	Charlie Dryden	Andrew Appleyard
3000m S/chase	Men	14:05		
100m Hurdles	Women	14:25	Claire Turnbull	Hayley Braithwaite
3000m	Women	14:45		
110m Hurdles	Men	14:55	Glen Blenkinsop	Andrew Simpson
400m	Women	15:05	Kirsty Legg	Jenny Phelps
400m	Men	15:15	Andrew Maguire	-----
1500m	Men	15:20	Richard Morrell	Grant Hawkins
1500m	Women	15:35	Kristina Grant	
200m	Women	15:45	Emma Payne	Claire Turnbull
200m	Men	15:55	John Baines	Shaun McCarthy
5000m	Men	16:05	Adam Mitchell	
4 x 100m Relay	Women	16:30	Emma Payne	Claire Turnbull
			Frances Hubbard	Hayley Braithwaite
4 x 100m Relay	Men	16:40	John Baines	Andrew Appleyard
			Charlie Dryden	Shaun McCarthy
4 x 400m Relay	Women	16:50	Kirsty Legg	Shannon Penny
			Faye Buckton	Jenny Phelps
4 x 400m Relay	Men	17:00	Andrew Maguire	Andrew Simpson
			Nick Phelps	-----

Field Events		Start Time	A	B
Hammer	Men	11:30	Phil Swall	Max Alderson
Hammer	Women	12:30	Kayleigh Sullivan	Kayleigh Mills
Long Jump	Women	13:00	Tara Kennedy	Jenny Phelps
Pole Vault	Women	13:10	Rachel Fairless	
Pole Vault	Men	13:10	Glen Blenkinsop	
Shot	Women	13:40	Kayleigh Sullivan	Rachel Goodier
Discus	Men	13:40	Max Alderson	
Long Jump	Men	13:55	Charlie Dryden	Joe Corrigan
High Jump	Men	14:00	Ade Babatunde	Joe Corrigan
Shot	Men	14:30	Max Alderson	Steve Birsa
Discus	Women	14:30	Kayleigh Sullivan	Rachel Goodier
Tripple Jump	Women	14:55	Leah Kennedy	Jenny Phelps
Javelin	Men	15:20	Steve Birsa	Ben Daley
Tripple Jump	Men	15:35	Nick Phelps	
High Jump	Women	15:35	Leah Kennedy	Tara Kennedy
Javelin	Women	16:10	Kayleigh Sullivan	Rachel Goodier

Officials Events		Start Time
Long Jump	Men	13:55
Javelin	Men	15:20
Javelin	Women	16:10