

FINAL TIMETABLE FOR CARDIFF 29TH AUGUST 2010

| TRACK DRAW |       |           |          | FIELD |       |             |      |    |
|------------|-------|-----------|----------|-------|-------|-------------|------|----|
|            | Time  | Event     | Age      |       | TIME  | EVENT       | AGE  |    |
| T1         | 12:00 | 1k walk   | All Ages | F1    | 11.45 | Hammer      | SM   | IC |
| T2         | 12:15 | 400m Hdl  | SM       | F2    | 11.45 | Hammer      | U15B | OC |
| T3         | 12:20 | 400m Hdl  | U20M     | F3    | 12.00 | Shot        | U15G |    |
| T4         | 12:25 | 400m Hdl  | U17M     | F4    | 12.15 | Long Jump   | SW   | P1 |
| T5         | 12:30 | 400m Hdl  | SW       | F5    | 12.15 | Long Jump   | U15B | P3 |
| T6         | 12:40 | 300m Hdl  | U17W     | F6    | 12.30 | Hammer      | U20M | IC |
| T7         | 12:50 | 100m      | SM       | F7    | 12.30 | Hammer      | U17M | OC |
| T8         | 12:55 | 100m      | U20M     | F8    | 12.30 | Shot        | U15B |    |
| T9         | 13:00 | 100m      | U17M     | F9    | 12.30 | Pole Vault  | SW   |    |
| T10        | 13:05 | 100m      | U15B     | F10   | 12.30 | Pole Vault  | U17W |    |
| T11        | 13:10 | 100m      | SW       | F11   | 12.30 | High Jump   | SM   |    |
| T12        | 13:15 | 100m      | U17W     | F12   | 13.00 | Long Jump   | U20M | P2 |
| T13        | 13:20 | 100m      | U15G     | F13   | 13.00 | Long Jump   | U17W | P4 |
| T14        | 13:25 | 3000m     | SM       | F14   | 13.00 | Shot        | SM   |    |
| T15        |       |           | U20M     | F15   | 13.15 | Hammer      | SW   | IC |
| T16        | 13:40 | 110m Hdl  | SM       | F16   | 13.15 | Hammer      | U17W | OC |
| T17        | 13:45 | 110m Hdl  | U20M     | F17   | 13.30 | High Jump   | U15G |    |
| T18        | 13:50 | 3000m     | U17M     | F18   | 13.30 | Javelin     | U15G |    |
| T19        | 14:05 | 100m Hdl  | U17M     | F19   | 13.45 | Shot        | U20M |    |
| T20        | 14:10 | 100m Hdl  | SW       | F20   | 14.00 | Long Jump   | U17M | P2 |
| T21        | 14:15 | 3000m     | SW       | F21   | 14.00 | Long Jump   | SM   | P1 |
| T22        |       |           | U17W     | F22   | 14.00 | Javelin     | SW   |    |
| T23        | 14:30 | 80m Hdl   | U15B     | F23   | 14.15 | Shot        | U17W |    |
| T24        | 14:35 | 80m Hdl   | U17W     | F24   | 14.15 | Pole Vault  | SM   |    |
| T25        | 14:45 | 75m Hdl   | U15G     | F25   | 14.15 | Pole Vault  | U20M |    |
| T26        | 14:50 | 800m      | SM       | F26   | 14.15 | Pole Vault  | U17M |    |
| T27        | 14:55 | 800m      | U20M     | F27   | 14.15 | High Jump   | U15B |    |
| T28        | 15:00 | 800m      | U17M     | F28   | 14.30 | Long Jump   | U15G | P3 |
| T29        | 15:10 | 800m      | U15B     | F29   | 14.30 | Triple Jump | U17M | P2 |
| T30        | 15:15 | 800m      | SW       | F30   | 14.45 | Discus      | SM   | IC |
| T31        | 15:20 | 800m      | U17W     | F31   | 14.45 | Discus      | U15G | OC |
| T32        | 15:25 | 800m      | U15G     | F32   | 15.00 | Javelin     | U15B |    |
| T33        | 15:30 | 200m      | SM       | F33   | 15.30 | High Jump   | U20M |    |
| T34        | 15:35 | 200m      | U20M     | F34   | 15.30 | High Jump   | U17M |    |
| T35        | 15:40 | 200m      | U17M     | F35   | 15.30 | Triple Jump | SM   | P1 |
| T36        | 15:45 | 200m      | U15B     | F36   | 15.45 | Javelin     | U17W |    |
| T37        | 15:50 | 200m      | SW       | F37   | 15.45 | Shot        | SW   |    |
| T38        | 15:55 | 200m      | U17W     | F38   | 16.00 | Discus      | U17W | OC |
| T39        | 16:00 | 200m      | U15G     | F39   | 16.00 | Discus      | U20M | IC |
| T40        | 16:05 | 1500m     | SM       | F40   | 16.00 | Pole Vault  | U15B |    |
| T41        |       |           | U20M     | F41   | 16.00 | Pole Vault  | U15G |    |
| T42        | 16:15 | 1500m     | U17M     | F42   | 16.15 | Triple Jump | SW   | P1 |
| T43        |       |           | U15B     | F43   | 16.15 | Triple Jump | U17W | P1 |
| T44        | 16:25 | 1500m     | SW       | F44   | 16.15 | Javelin     | U17M |    |
| T45        |       |           | U17W     | F45   | 16.30 | High Jump   | SW   |    |
| T46        | 16:35 | 1500m     | U15G     | F46   | 16.30 | High Jump   | U17W |    |
| T47        | 16:45 | 300m      | U17W     | F47   | 16.45 | Shot        | U17M |    |
| T48        | 16:50 | 400m      | SM       | F48   | 16.45 | Discus      | SW   | IC |
| T49        | 16:55 | 400m      | U20M     | F49   | 16.45 | Discus      | U15B | OC |
| T50        | 17:00 | 400m      | U17M     | F50   | 17.00 | Triple Jump | U20M | P2 |
| T51        | 17:05 | 400m      | U15B     | F51   | 17.30 | Javelin     | SM   |    |
| T52        | 17:10 | 400m      | SW       | F52   | 17.30 | Javelin     | U20M |    |
| T53        | 17:15 | 2.0km s/c | SM       | F53   | 17.30 | Discus      | U17M |    |
| T54        |       |           | U20M     |       |       |             |      |    |
| T55        | 17:25 | 1.5km s/c | U17M     |       |       |             |      |    |
| T56        | 17:35 | 1.5km s/c | SW       |       |       |             |      |    |
| T57        |       |           | U17W     |       |       |             |      |    |
| T58        | 17:45 | 4x100m    | SM       |       |       |             |      |    |
| T59        |       |           | U20M     |       |       |             |      |    |
| T60        | 17:50 | 4x100m    | U17M     |       |       |             |      |    |
| T61        | 17:55 | 4x100m    | SW       |       |       |             |      |    |
| T62        |       |           | U17W     |       |       |             |      |    |
| T63        | 18:05 | 4x100m    | U15G     |       |       |             |      |    |
| T64        |       |           | U15B     |       |       |             |      |    |
| T65        | 18:10 | 4x400m    | SM/U20M  |       |       |             |      |    |
| T66        |       |           | SW/U17W  |       |       |             |      |    |

1K walk introduced for all age groups at the beginning of the timetable

Steeple Chase for women introduced, where U17 and Sen Women run 1500m

Triple Jump, Senior Women and U17 Women use same pit not separate

Relays combined at the end of the meeting, SM & U20M 4x100 1 race, SW & U17W 4x100 1 race, U15B & U15G 1 race, 4x400 male & Female 1 race.

Abbreviations for Field , P1= pit 1 main grandstand, P2 = main grandstand, P3 = Backstraight, P4 = Backstraight, IC = Inside Field Cage, OC = Outside

1500m events combined where possible for the older male and female athletes.