

provisional timetable

Write the event numbers and the names of those events you wish to enter, together with your best performances, in the boxes overleaf.
All times shown are provisional and are to help you plan entries. The actual times (but not the day) may be changed depending on entries received.

UNDER 13 BOYS			UNDER 15 BOYS			UNDER 17 MEN			UNDER 20 MEN			SENIOR MEN		
Time	Event	Event No	Time	Event	Event No	Time	Event	Event No	Time	Event	Event No	Time	Event	Event No
SATURDAY														
10.00	Pole Vault	—	10.00	Pole Vault	—	10.00	400m Hurdles	HEATS 49	10.00	400m Hurdles	HEATS 69	10.00	400m Hurdles	HEATS 89
11.00	200m	HEATS	11.00	200m	HEATS	11.00	Pole Vault	—	11.00	200m	HEATS	11.00	200m	HEATS
11.00	Shot	—	11.00	Triple Jump	—	11.00	Long Jump	—	11.00	Javelin	—	11.00	Javelin	—
11.55	2000m Walk	FINAL	11.55	3000m Walk	FINAL	11.55	Discus	—	11.55	3000m Walk	FINAL	11.55	3000m Walk	FINAL
12.00	Long Jump	—	12.40	3000m Walk	FINAL	12.25	400m Hurdles	FINAL	12.25	400m Hurdles	FINAL	12.25	400m Hurdles	FINAL
13.15	Javelin	—	12.40	3000m	FINAL	11.55	3000m Walk	FINAL	12.55	800m	HEATS	12.55	800m	HEATS
14.10	800m	HEATS	13.15	Javelin	—	12.25	400m Hurdles	FINAL	13.15	Pole Vault	—	13.15	Pole Vault	—
14.25	200m	FINAL	14.10	800m	HEATS	12.55	800m	HEATS	14.25	200m	FINAL	14.25	200m	FINAL
14.30	Discus	—	14.25	200m	FINAL	13.15	Triple Jump	—	15.50	800m	FINAL	15.50	800m	FINAL
14.45	High Jump	—	14.30	Discus	—	14.25	200m	FINAL	16.30	Long Jump	—	16.30	Long Jump	—
17.25	800m	FINAL	14.45	Long Jump	—	15.50	800m	FINAL	16.35	3000m	FINAL	16.35	3000m	FINAL
SUNDAY														
10.15	100m	HEATS	17.25	800m	FINAL	16.30	Shot	—	SUNDAY			10.00	Triple Jump	—
12.40	1500m	HEATS	SUNDAY			16.35	3000m	FINAL	10.00	Triple Jump	—	10.00	Triple Jump	—
13.30	75m Hurdles	HEATS	10.15	100m	HEATS	10.15	100m	HEATS	10.15	100m	HEATS	10.15	100m	HEATS
14.10	100m	FINAL	11.00	Hammer	—	10.15	100m	HEATS	11.00	High Jump	—	11.00	High Jump	—
16.00	1500m	FINAL	11.40	400m	HEATS	11.00	Hammer	—	11.40	400m	HEATS	11.40	400m	HEATS
16.20	75m Hurdles	FINAL	12.40	1500m	HEATS	12.40	1500m	HEATS	12.00	Hammer	—	12.00	Hammer	—
† NOTE: If heats are not required in 300/400m HURDLES events, the finals will be scheduled at 10.00.			13.35	80m Hurdles	HEATS	13.05	100m Hurdles	HEATS	13.00	110m Hurdles	HEATS	13.00	110m Hurdles	HEATS
			14.10	100m	FINAL	13.30	High Jump	—	13.00	Discus	—	13.00	Discus	—
			15.45	400m	FINAL	14.00	Javelin	—	13.45	1500m	HEATS	13.45	1500m	HEATS
			16.00	1500m	FINAL	14.10	100m	FINAL	14.10	100m	FINAL	14.10	100m	FINAL
			16.20	80m Hurdles	FINAL	14.45	1500m S'chase	FINAL	15.00	Shot	—	15.00	Shot	—
						15.45	400m	FINAL	15.45	400m	FINAL	15.45	400m	FINAL
						16.00	1500m	FINAL	16.45	110m Hurdles	FINAL	16.45	110m Hurdles	FINAL
						16.40	100m Hurdles	FINAL	16.50	1500m	FINAL	16.50	1500m	FINAL

UNDER 13 GIRLS			UNDER 15 GIRLS			UNDER 17 WOMEN			UNDER 20 WOMEN			SENIOR WOMEN		
Time	Event	Event No	Time	Event	Event No	Time	Event	Event No	Time	Event	Event No	Time	Event	Event No
SATURDAY														
10.10	100m	HEATS	10.00	Pole Vault	—	10.00	High Jump	—	10.00	High Jump	—	10.00	High Jump	—
10.40	800m	HEATS	10.10	100m	HEATS	10.00	Pole Vault	—	10.00	Pole Vault	—	10.00	Pole Vault	—
11.55	2000m Walk	FINAL	10.40	800m	HEATS	10.10	100m	HEATS	10.10	100m	HEATS	10.10	100m	HEATS
12.00	High Jump	—	11.11	Triple Jump	—	11.35	300m	HEATS	11.45	400m	HEATS	11.45	400m	HEATS
13.15	70m Hurdles	HEATS	11.55	2500m Walk	FINAL	11.55	3000m Walk	FINAL	11.55	3000m Walk	FINAL	11.55	3000m Walk	FINAL
13.50	800m	FINAL	12.00	High Jump	—	12.00	Shot	—	12.00	Shot	—	12.00	Shot	—
14.45	Javelin	—	13.25	75m Hurdles	HEATS	13.35	80m Hurdles	HEATS	13.45	100m Hurdles	HEATS	13.45	100m Hurdles	HEATS
15.05	100m	FINAL	13.50	800m	FINAL	14.00	300m	FINAL	14.05	400m	FINAL	14.05	400m	FINAL
16.15	70m Hurdles	FINAL	14.45	Javelin	—	14.45	2000m S'chase	FINAL	14.45	2000m S'chase	FINAL	14.45	2000m S'chase	FINAL
SUNDAY														
10.00	Shot	—	15.05	100m	FINAL	15.05	100m	FINAL	15.05	100m	FINAL	15.05	100m	FINAL
11.00	200m	HEATS	16.10	75m Hurdles	FINAL	15.20	1500m	HEATS	15.20	1500m	HEATS	15.20	1500m	HEATS
13.10	1500m	HEATS	SUNDAY			16.05	80m Hurdles	FINAL	16.00	100m Hurdles	FINAL	16.00	100m Hurdles	FINAL
14.30	Long Jump	—	10.00	Shot	—	16.15	Discus	—	16.15	Discus	—	16.15	Discus	—
15.00	Discus	—	10.00	Hammer	—	17.15	1500m	FINAL	16.20	1500m	FINAL	16.20	1500m	FINAL
17.00	1500m	FINAL	11.00	200m	HEATS	SUNDAY			SUNDAY			SUNDAY		
			13.00	Long Jump	—	10.00	Hammer	—	10.00	400m Hurdles	HEATS	10.00	400m Hurdles	HEATS
			13.10	1500m	HEATS	10.05	300m Hurdles	HEATS	10.05	Hammer	—	10.05	Hammer	—
			15.20	200m	FINAL	10.40	3000m	FINAL	10.40	3000m	FINAL	10.40	3000m	FINAL
			17.00	1500m	FINAL	11.00	200m	HEATS	11.00	200m	HEATS	11.00	200m	HEATS
						12.00	Long Jump	—	12.00	Long Jump	—	12.00	Long Jump	—
						12.10	800m	HEATS	12.10	800m	HEATS	12.10	800m	HEATS
						12.30	300m Hurdles	FINAL	12.35	400m Hurdles	FINAL	12.35	400m Hurdles	FINAL
						15.20	200m	FINAL	15.20	200m	FINAL	15.20	200m	FINAL
						16.00	Triple Jump	—	16.00	Triple Jump	—	16.00	Triple Jump	—
						16.30	800m	FINAL	16.30	800m	FINAL	16.30	800m	FINAL
						16.30	Javelin	—	16.30	Javelin	—	16.30	Javelin	—

2000m steeplechase

for senior, under 20 and under 17 women

(county championship and open event)

saturday 8 may 2010
mountbatten centre, portsmouth at 14.45

This Women's Steeplechase was incorporated in the main championships last year as a County and Open event and will be continued as an open event in conjunction with the Hampshire AA Championships. It is open to all athletes whether or not they have Hampshire qualifications.

Entry fee for the Hampshire AA Championship event: as for other Championship events

Entry fee for the open event (i.e. for those without Hampshire qualifications): £7.00

For the open event, please use the Championships entry form but indicate that you are not Hampshire qualified.