

PROVISIONAL

TIMETABLE

09
AUG

TIME	EVENT	MEDAL PRESENTATION
6:00PM	FLAHAVAN'S 1K KIDS RUN	6:45PM
6:15PM	MEN'S 10,000M	7:00PM
7:00PM	WOMEN'S 400M FINAL OLYMPIC WATCH	
7:10PM	WOMEN'S 4X100M RELAY	7:40PM
7:15PM	MEN'S 4X100M RELAY	7:45PM
7:25PM	WOMEN'S HEPTAHLON 800M OLYMPIC WATCH	
7:15PM	MEN'S & WOMEN'S 4X400M RELAY	7:45PM



NI & ULSTER SENIOR CHAMPIONSHIPS



PROVISIONAL

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10
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TIME	EVENT	MEDAL PRESENTATION
10:15AM	WOMEN'S STEEPLECHASE	11:00AM
10:30AM	WOMEN'S 100M HEATS	
10:30AM	MEN'S DISCUS	11:15AM
10:30AM	WOMEN'S/PARA WOMEN'S LONG JUMP	11:20PM
10:40AM	MEN'S 100M HEATS & AMBULANT MEN'S 100M FINAL	11:30AM (AMBULANT)
11:00AM	WOMEN'S 400M HEATS	



NI & ULSTER SENIOR CHAMPIONSHIPS



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TIME	EVENT	MEDAL PRESENTATION
11:10AM	MEN'S 400M HEATS	
11:10AM	WOMEN'S HIGH JUMP	11:55AM
11:30AM	MEN'S 800M HEATS	
11:40AM	WOMEN'S 800M FINAL	12:25PM
11:40AM	WOMEN'S DISCUS	12:30PM
11:50AM	WOMEN'S 100M FINAL	12:35PM

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TIME	EVENT	MEDAL PRESENTATION
11:50AM	WOMEN'S POLE VAULT	12:40PM
12:00PM	MEN'S 100M FINAL	12:45PM
12:00PM	MEN'S TRIPLE JUMP	12:55PM
12:15PM	WOMEN'S 5000M	1:00PM
12:50PM	MEN'S 5000M B	
1:10PM	MEN'S 5000M A	1:50PM

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TIME	EVENT	MEDAL PRESENTATION
1:10PM	MEN'S JAVELIN & PARA MEN'S JAVELIN	1:55PM
1:10PM	WOMEN'S SHOT PUT & PARA WOMAN'S SHOT PUT	2:00PM
1:35PM	MEN'S STEEPLECHASE	2:10PM
1:50PM	MEN'S 800M FINAL	2:35PM
2:00PM	WOMEN'S 200M HEATS	
2:00PM	MEN'S HIGH JUMP	2:40PM



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TIME	EVENT	MEDAL PRESENTATION
2:00PM	MEN'S POLE VAULT	2:45PM
2:15PM	MEN'S 200M HEATS	
2:30PM	MEN'S 110M & WOMEN'S 100M HURDLE FINAL	3:05PM
2:30PM	WOMEN'S JAVELIN	3:15PM
2:30PM	MEN'S SHOT PUTT	3:15PM
2:45PM	WOMEN'S TRIPLE JUMP	3:25PM



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TIME	EVENT	MEDAL PRESENTATION
2:45PM	WOMEN'S 400M HURDLES FINAL	3:30PM
2:55PM	MEN'S 400M HURDLES FINAL	3:35PM
3:05PM	WOMEN'S 1500M FINAL	3:50PM
3:05PM	MEN'S HAMMER THROW	3:55PM
3:15PM	MEN'S 1500M FINAL	4:00PM
3:25PM	WOMEN'S 400M FINAL	4:10PM



NI & ULSTER SENIOR CHAMPIONSHIPS



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TIME	EVENT	MEDAL PRESENTATION
3:35PM	WOMEN'S HAMMER	4:25PM
3:35PM	MEN'S LONG JUMP & PARA MEN'S LONG JUMP	4:30PM
3:45PM	WOMEN'S 200M FINAL	4:35PM
3:55PM	MEN'S 200M FINAL	4:40PM