**NI & Ulster 10,000m & Relay Championships**

**Saturday 18th September 2021**

**Antrim Forum**

**Provisional Timetable**

|  |  |
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| Time | Event |
| 10am | Registration |
| 11am (4x100m) | U13 Girls Final |
|  | U13 Boys Final |
|  | U15 Girls Time Trial |
|  | U15 Girls Time Trial |
|  | U15 Boys Final |
|  | U17 Boys Final |
|  | U17 Girls Final |
|  | Senior Women Final |
|  | Senior Men Final |
| 12 noon (4x300m) | U15 Girls Time Trial |
|  | U15 Girls Time Trial |
|  | U15 Boys Final |
|  | U17 Girls Final |
| 12:45pm (4x400m) | U17 Boys Final |
|  | Senior Men Final |
|  | Senior Women Final |
| 1.15pm | 10,000m Men & Women |