

**Timetable Match 3 - Aberdeen****TRACK**

11:00am	110m Hurdles	U20 /Sen Men
11:10am	100m Hurdles	U17M
11:20am	100 Hurdles	Senior / U20 W
11:30am	80m Hurdles	U17W
11:45pm	800m	Senior/U20/U17 Men Senior/U20/U17 Men
11:55pm	800m	Senior/U20/U17 Women Senior/U20/U17 Women
12:15pm	1500m SC	U17 Men

**LUNCH**

13:00pm	100m - Pool 1	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
13:25pm	100m - Pool 2	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
13:45pm	3000m	U17/U20/Sen Women
14:05pm	3000m	U17 Men
14:20pm	5000m	Men/Women (Mixed)
14:45pm	300m	U17 Women
14:55pm	400m	U17 Men
15:00pm	400m	U20/Sen Men
	400m	U20/Sen Men
	400m	U20/Sen Women
	400m	U20/Sen Women

**FIELD**

11:00am	Long Jump	All Women
	Discus	All Men
	Shot	All Women
12:30pm	High Jump	All Men
	Pole Vault	Mixed
	Discus	All Women
	Shot	All Men
14:00pm	High Jump	All Women
	Hammer	Mixed
	Long Jump	All Men

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