

| Saturday 15 th Sept' 2012 | | | | Provisional Timetable | | | |
|--------------------------------------|----------|----------|-----------|-----------------------|--------------|--------------------|-------|
| Time | SB | SG | IB | IG | JB | Walks | Time |
| 09.30 | | 100m H | LJ1/LJ2 | | | | 09.30 |
| 10.00 | | | | 80m H | | | 10.00 |
| 10.25 | | | | | 80m H | | 10.25 |
| 11.00 | 100m | | | | | | 11.00 |
| 11.15 | | HJ1/HJ4 | Disc(1&2) | | | | 11.15 |
| 11.25 | | | | HJ2/HJ3 | Shot 1/2 | | 11.25 |
| 11.45 | LJ1/LJ2 | | | | | | 11.45 |
| 12.15 | | | | | | | 12.15 |
| 12.30 | | | | | | | 12.30 |
| 12.45 | | | | | | JG 3Km | 12.45 |
| 1.00 | Shot 1/2 | | Jav (1&2) | | LJ1/LJ2 | | 1.00 |
| 1.15 | | | | | | JB/IG 3Km | 1.15 |
| 1.30 | | | | | | Presentation JG | 1.30 |
| 1.40 | | | | | | Presentation JB/IG | 1.40 |
| 2.00 | | Shot 1/2 | | | | SB/SG/IB 5Km | 2.00 |
| 2.30 | | | 400m | | | | 2.30 |
| 2.45 | HJ2/HJ3 | | | | HJ1/HJ4 | Presentation IB | 2.45 |
| 2.50 | | | | | | Presentation SG/SB | 2.50 |
| 3.15 | | 200m | | Shot 1/2 | | | 3.15 |
| *4.00 | | | | | | | *4.00 |
| *4.15 | | | | | | | *4.15 |
| *5.00 | 400m | | | 200m | | | *5.00 |
| *5.30 | | | | | 800m | | *5.30 |
| *6.00 | | | | | | | *6.00 |
| *6.15 | | | | | Presentation | | *6.15 |

| Sunday 16 th Sept' 2012 | | | | Provisional Timetable | | | |
|------------------------------------|--------------|--------------|--------------|-----------------------|--------------|--|-------|
| Time | SB | SG | IB | IG | JG | | Time |
| 09.00 | 110m H | LJ1/LJ2 | | | | | 09.00 |
| 09.30 | | | | | | | 09.30 |
| 10.00 | Disc(1&2) | | | | 75m H | | 10.00 |
| 10.15 | | | | LJ1/LJ2 | | | 10.15 |
| 10.45 | | | 100m H | | Shot 1/2 | | 10.45 |
| 11.00 | | | | | | | 11.00 |
| 11.30 | PV 1/2 | Jav' (1&2) | | | | | 11.30 |
| 11.45 | | | HJ2/HJ3 | | | | 11.45 |
| 12.15 | | | | | HJ1/HJ4 | | 12.15 |
| 12.45 | | | | Jav'(1&2) | | | 12.45 |
| 1.20 | | 800m | | | | | 1.00 |
| 2.15 | | | Shot 1/2 | | | | 2.15 |
| 2.30 | | | | | | | 2.30 |
| 2.55 | | | | 800m | LJ1/LJ2 | | 2.55 |
| *3.20 | | Presentation | | | | | *3.20 |
| *3.45 | Jav (1)** | | 1500m | Presentation | | | *3.45 |
| *4.15 | Jav (2)** | | | | | | *4.15 |
| *4.45 | | | Presentation | | 800m | | *4.45 |
| *5.10 | | | | | | | *5.10 |
| *5.15 | 1500m | | | | | | *5.15 |
| *5.30 | | | | | Presentation | | *5.30 |
| *6.00 | Presentation | | | | | | *6.00 |

* = approximate time only. ** subject to change depending on the PV competition. The Referees may change the time depending on the progress of the Pole Vaults and other events. PRESENTATIONS will take place as soon after the conclusion of the events as possible. Unless athletes are told otherwise they should have completed their warm up etc and be prepared to start the different competitions at the stipulated start times.