

Saturday Timetable - Track

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|-------|-----|---|----------|
| 10:00 | T1 | U15G 60 Metres Hurdles - Herts - Final | 6 |
| 10:05 | T2 | U15G 60 Metres Hurdles - Kent - Heats | 14 (2H) |
| 10:15 | T3 | U15G 60 Metres Hurdles - Middx - Final | 5 |
| 10:20 | T4 | U17W 60 Metres Hurdles - Herts - Final | 6 |
| 10:25 | T5 | U17W 60 Metres Hurdles - Kent - Final | 6 |
| 10:30 | T6 | U17W 60 Metres Hurdles - Middx - Final | 4 |
| 10:35 | T7 | U15B 60 Metres Hurdles - Herts/Middx- Finals | 3/1 |
| 10:40 | T8 | U15B 60 Metres Hurdles - Kent - Heats | 10 (2H) |
| 10:50 | T9 | U20W 60 Metres Hurdles - Herts/Middx - Finals | 1/3 |
| 10:55 | T10 | U20W 60 Metres Hurdles - Kent - Final | 6 |
| 11:00 | T11 | SW 60 Metres Hurdles - Kent - Final | 3 |
| 11:05 | T12 | U17M 60 Metres Hurdles - Kent - Heats | 9 (2H) |
| 11:15 | T13 | U17M 60 Metres Hurdles - Herts - Final | 2 |
| 11:20 | T14 | U17M 60 Metres Hurdles - Middx - Final | 6 |
| 11:25 | T15 | U15G 60 Metres Hurdles - Kent - Final | |
| 11:30 | T16 | U20M 60 Metres Hurdles - Middx - Final | 5 |
| 11:35 | T17 | U20M 60 Metres Hurdles - Kent - Final | 5 |
| 11:40 | T18 | SM 60 Metres Hurdles - Middx - Final | 3 |
| 11:45 | T19 | SM 60 Metres Hurdles - Kent - Final | 5 |
| 12:00 | T20 | U15B 60 Metres Hurdles - Kent - Final | |
| 12:10 | T21 | U17M 60 Metres Hurdles - Kent - Final | |
| 12:20 | T22 | 2K Walk - Women | 11 |
| 12:40 | T23 | 2K Walk - Men | 7 |
| 13:00 | T24 | U15G 200 Metres - Herts - Final | 2 |
| 13:04 | T25 | U15G 200 Metres - Middx - Heats | 18 (3H) |
| 13:15 | T26 | U15G 200 Metres - Kent - Heats* | 19 (4H) |
| 13:27 | T27 | U17M/U15B200 Metres - Herts - Finals | 3/3 |
| 13:30 | T28 | U15B 200 Metres - Middx - Final | 7 |
| 13:34 | T29 | U15B 200 Metres - Kent - Heats | 19 (4H) |
| 13:50 | T30 | U17W 200 Metres - Herts - Final | 6 |
| 13:55 | T31 | U17W 200 Metres - Middx - Heats | 18 (3H) |
| 14:08 | T32 | U17W 200 Metres - Kent - Heats | 16 (3H) |
| 14:20 | T33 | U17M 200 Metres - Middx - Heats*** | 21 (4H) |
| 14:36 | T34 | U17M 200 Metres - Kent - Heats | 10 (2H) |
| 14:44 | T35 | U20W 200 Metres - Herts - Final | 3 |
| 14:48 | T36 | U20W 200 Metres - Middx - Heats | 7 (2H) |
| 14:56 | T37 | U20W 200 Metres - Kent - Final | 6 |
| 15:00 | T38 | U20M 200 Metres - Herts- Final | 3 |
| 15:04 | T39 | U20M 200 Metres - Kent - Heats | 12 (2H) |
| 15:12 | T40 | U20M 200 Metres - Middx - Final | 5 |
| 15:16 | T41 | SW 200 Metres - Middx - Heats | 9 (2H) |
| 15:25 | T42 | SW 200 Metres - Kent - Heats | 8 (2H) |
| 15:35 | T43 | SM 200 Metres - Herts - Final | 5 |
| 15:40 | T44 | SM 200 Metres - Kent - Heats | 9 (2H) |
| 15:48 | T45 | SM 200 Metres - Middx - Heats | 10 (2H) |
| | T46 | Not Used | |
| 15:52 | T47 | U15G 200 Metres - Kent - Semi-Final* | From T26 |
| 15:56 | T48 | U15B 200 Metres - Kent - Semi Final* | From T29 |
| | T49 | Not Used | |
| | T50 | Not Used | |
| 16:00 | T51 | U17M 200 Metres - Middx Semi-Final | From T33 |
| 16:04 | T52 | U17M 200 Metres - Kent - Final | From T34 |
| 16:08 | T53 | U20W 200 Metres - Middx - Final | From T36 |

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|-------|-----|--|----------|
| 16:12 | T54 | U20M 200 Metres - Kent - Final | From T39 |
| 16:16 | T55 | SW 200 Metres - Middx - Final | From T28 |
| 16:20 | T56 | SW 200 Metres - Kent - Final | From T42 |
| 16:24 | T57 | SM 200 Metres - Kent - Final | From T44 |
| 16:28 | T58 | SM 200 Metres - Middx - Final | From T45 |
| 16:32 | T59 | U15G 200 Metres - Kent - Final | From T47 |
| 16:36 | T60 | U15G 200 Metres - Middx - Final | From T25 |
| 16:40 | T61 | U15B 200 Metres - Kent - Final | From T48 |
| 16:44 | T62 | U17W 200 Metres - Middx - Final | From T31 |
| 16:48 | T63 | U17W 200 Metres - Kent - Final | From T32 |
| 16:52 | T64 | U17M 200 Metres - Middx - Final | From T51 |
| 16:56 | T65 | U15G 800 Metres - Herts - Final | 5 |
| 17:01 | T66 | U15G 800 Metres - Kent - Final | 9 |
| 17:06 | T67 | U15G 800 Metres - Middx - Final | 8 |
| 17:11 | T68 | U20W/U17W 800 Metres - Herts - Finals | 5/1 |
| 17:16 | T69 | U17W 800 Metres - Kent - Final | 8 |
| 17:21 | T70 | SW/U20W/U17W 800 Metres - Middx - Finals | 2/2/2 |
| 17:26 | T71 | U20W 800 Metres - Kent - Final | 7 |
| 17:31 | T72 | SW 800 Metres - Kent - Final | 3 |
| 17:36 | T73 | U15B 800 Metres - Herts/Middx - Finals | 2/3 |
| 17:41 | T74 | U15B 800 Metres - Kent - Final | 7 |
| 17:46 | T75 | U17M 800 Metres - Herts/Middx - Final | 3/5 |
| 17:51 | T76 | U17M 800 Metres - Kent - Final | 7 |
| 17:56 | T77 | SM/U20M 800 Metres - Herts - Finals | 6/2 |
| 18:01 | T78 | U20M 800 Metres - Middx - Final | 10 |
| 18:06 | T79 | SM/U20M 800 Metres - Kent - Finals | 5/5 |
| 18:11 | T80 | SM 800 Metres - Middx - Final | 9 |

* T26 & T29 Hopefully will only be 3 heats and the final at SF time, Taking out T47 & T48

*** T33 may need 4 heats, and if so the SF can be slotted in after T48.

Saturday Timetable - Field

| | | | |
|-------|-----|---|----------|
| 10:00 | F1 | SM/U20M Shot - All | 9/8 |
| 10:30 | F2 | U17W/U15G Pole Vault - All | 2/6 |
| 11:00 | F3 | U17M Long Jump - All - North pit | 12 |
| 12:00 | F4 | U17M/U15B Shot - All | 6/10 |
| 12:45 | F5 | U15B Long Jump - All - South pit | 19 |
| 13:45 | F6 | SM/U20M High Jump - All - Bed 1 | 8/6 |
| 13:45 | F7 | SW/U20W High Jump - Bed 2 | 4/7 |
| 14:00 | F8 | SW/U20W Pole Vault - All | 8/1 |
| 14:00 | F9 | Women and Girls Triple Jump - All - North pit | 3/2/13/6 |
| 14:00 | F9 | Women and Girls Triple Jump - All - North pit | 3/2/13/6 |
| 15:00 | F10 | SM/U20M Long Jump - All - South pit | 14/5 |
| 15:30 | F11 | U17W High Jump - Bed 1 | 18 |
| 15:30 | F12 | U15G High Jump - Bed 2 | 15 |

Sunday Timetable - Track

| | | | |
|-------|------|--|-------------|
| 10:00 | T81 | U15G 60 Metres - Herts - Final | 8 |
| 10:06 | T82 | U15G 60 Metres - Kent - Heats | 17 (3H) |
| 10:15 | T83 | U15G 60 Metres - Middx - Heats | 23 (4H) |
| 10:27 | T84 | U17W 60 Metres - Herts - Final | 6 |
| 10:30 | T85 | U17W 60 Metres - Kent - Heats | 24 (4H) |
| 10:42 | T86 | U17W 60 Metres - Middx - Heats | 24 (4H) |
| 10:56 | T87 | U20W 60 Metres - Herts - Final | 4 |
| 11:00 | T88 | U20W 60 Metres - Kent - Heats | 11 (2H) |
| 11:08 | T89 | U20W 60 Metres - Middx - Heats | 10 (2H) |
| 11:14 | T90 | SW 60 Metres - Kent - Final | 8 |
| 11:18 | T91 | SW 60 Metres - Middx - Final | 7 |
| 11:22 | T92 | U17M/U15B 60 Metres - Herts - Finals | 4/3 |
| 11:26 | T93 | U15B 60 Metres - Kent - Heats | 14 (2H) |
| 11:34 | T94 | U15B 60 Metres - Middx - Heats | 17 (3H) |
| 11:43 | T95 | U17M 60 Metres - Kent - Heats | 18 (3H) |
| 11:51 | T96 | U17M 60 Metres - Middx - Heats | 27 (4H) |
| 12:03 | T97 | SM 60 Metres - Middx - Heats | 33 (4H)**** |
| 12:20 | T98 | U20M 60 Metres - Herts - Final | 6 |
| 12:24 | T99 | U20M 60 Metres - Kent - Heats | 16 (2H) |
| 12:30 | T100 | U20M 60 Metres - Middx - Heats | 13 (2H) |
| 12:38 | T101 | SM 60 Metres - Kent - Heats | 21 (3H) |
| 12:54 | T102 | U15G 60 Metres - Middx - Semi-Finals | From T83 |
| 12:58 | T103 | U17W 60 Metres - Kent - Semi-Finals | From T85 |
| 13:02 | T104 | U17W 60 Metres - Middx - Semi-Finals | From T86 |
| 13:06 | T105 | U17M 60 Metres - Middx - Semi-Finals | From T96 |
| 13:14 | T106 | SM 60 Metres - Middx - Semi-Finals | From T97 |
| 13:20 | T107 | U15G 60 Metres - Kent - Final | From T82 |
| 13:24 | T108 | U20W 60 Metres - Middx - Final | From T89 |
| 13:29 | T109 | U20W 60 Metres - Kent - Final | From T88 |
| 13:33 | T110 | U15B 60 Metres - Kent - Final | From T93 |
| 13:37 | T111 | U15B 60 Metres - Middx - Final | From T94 |
| 13:41 | T112 | U17M 60 Metres - Kent - Final | From T95 |
| 13:45 | T113 | U20M 60 Metres - Kent - Final | From T99 |
| 13:49 | T114 | U20M 60 Metres - Middx - Final | From T100 |
| 13:53 | T115 | SM 60 Metres - Kent - Final | From T101 |
| 13:57 | T116 | SM 60 Metres - Herts - Final | 5 |
| 14:01 | T117 | U17M 60 Metres - Middx - Final | From T105 |
| 14:05 | T118 | SM 60 Metres - Middx - Final | From T106 |
| 14:10 | T119 | U15G 300 Metres - Herts - Final | 2 |
| 14:15 | T120 | U15G 300 Metres - Kent - Final | 6 |
| 14:20 | T121 | U15G 300 Metres - Middx - Final | 5 |
| 14:25 | T122 | U15B 300 Metres - Kent - Final | 6 |
| 14:30 | T123 | U15B 300 Metres - Herts/Middx - Finals | 2/2 |
| 14:35 | T124 | U17W 300 Metres - Kent - Heats | 11 (2H) |
| 14:40 | T125 | U17W 300 Metres - Middx - Heats | 9 (2H) |
| 14:45 | T126 | SM 400 Metres - Kent - Heats | 13 (3H) |
| 14:50 | T127 | U17W 400 Metres - Herts - Final | 6 |
| 14:55 | T128 | U17M 400 Metres - Herts - Final | 5 |
| 15:00 | T129 | U17M 400 Metres - Kent - Heats | 11 (2H) |
| 15:05 | T130 | U17M 400 Metres - Middx - Final | 6 |
| 15:10 | T131 | U20M 400 Metres - Middx - Final | 5 |
| 15:15 | T132 | U20M 400 Metres - Kent - Heats | 10 (2H) |
| 15:20 | T133 | U20W 400 Metres - Herts - Final | 4 |

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|-------|------|---|-----------|
| 15:25 | T134 | U20W 400 Metres - Kent - Final | 6 |
| 15:30 | T135 | U20W 400 Metres - Middx - Final | 6 |
| 15:35 | T136 | SW 400 Metres - Herts/Middx - Finals | 1/2 |
| 15:40 | T137 | SW 400 Metres - Kent - Heats | 7 (2H) |
| 15:45 | T138 | SM 400 Metres - Herts - Final | 4 |
| 15:50 | T139 | SM 400 Metres - Middx - Heats | 7 (2H) |
| 15:55 | T140 | SM 400 Metres - Kent - Semi Final | From T126 |
| 16:00 | T141 | U15G 1500 Metres - Herts/Kent/Middx - Finals | 1/5/4 |
| 16:10 | T142 | U17W 1500 Metres - Herts/Kent/Middx - Finals | 3/3/1 |
| 16:20 | T143 | SW/U20W 1500 Metres - Herts/Kent/Middx - Finals | 2/2/1/4 |
| 16:30 | T144 | U15B 1500 Metres - Herts/Kent/Middx - Finals | 2/5/3 |
| 16:40 | T145 | U17M 1500 Metres - Herts/Kent/Middx - Finals | 2/4/3 |
| 16:50 | T146 | U20M 1500 Metres - Kent/Middx - Finals | 4/2 |
| 17:00 | T147 | SM 1500 Metres - Herts/Kent/Middx - Final | 1/6/3 |
| 17:10 | T148 | U17W 300 Metres - Kent - Final | From T124 |
| 17:15 | T149 | U17W 300 Metres - Middx - Final | From T125 |
| 17:20 | T150 | U17M 400 Metres - Kent - Final | From T129 |
| 17:25 | T151 | SW 400 Metres - Kent - Heats | From T137 |
| 17:30 | T152 | U20M 400 Metres - Kent - Final | From T132 |
| 17:35 | T153 | SM 400 Metres - Middx - Final | From T139 |
| 17:40 | T154 | SM 400 Metres - Kent - Final | From T140 |

Sunday Timetable - Field

| | | | |
|-------|-----|--|-----------------|
| 10:00 | F13 | SW Long Jump - All - North pit | 12 (inc 2 para) |
| 10:00 | F14 | U17M/U15B Pole Vault - All | 7/6 |
| 10:00 | F15 | U15G Shot - All | 16 |
| 11:30 | F16 | SW Shot - All | 10 |
| 11:50 | F17 | U15G Long Jump - Herts/Middx - North pit | 9 |
| 12:50 | F18 | U17W Shot - All | 10 |
| 13:20 | F19 | U15G Long Jump - Kent - North pit | 18 |
| 13:20 | F20 | U20W Long Jump - All - South pit | 14 |
| 14:10 | F21 | U20W Shot - All | 8 |
| 14:30 | F22 | SM/U20M Pole Vault - All | 8/8 |
| 14:30 | F23 | U17M/U15B Triple Jump - All - South pit | 5/6 |
| 14:30 | F24 | U15B High Jump - All - Bed 2 | 10 |
| 14:30 | F26 | U17M High Jump - All - Bed 1 | 9 |
| 15:00 | F25 | U17W Long Jump - All - North pit | 20 |
| 16:00 | F27 | SM/U20M Triple Jump - All - South pit | 4/3 |