2015/16 Shield Final
Draft Timetable (As at 14.01.16)

Time			Triple 1	Triple 2	HJ - 1	HJ - 2	Shot 1	Shot 2	Hammer	Hammer
	400 Metre Hurdles									
9.00										
9.30										
10.00	M1	3000 Metres Heat M14	W1	W2	M20	W20	M18	M16	M1	M2
10.05										
10.10	M2									
10.15		3000 Metres Heat F14								
10.20	M40									
10.25										
10.30	M20	3000 Metres Heat M16								
10.35	Change Hurdle Heights									
10.40	M40									
10.45	M18 -	3000 Metres Heat F16								
10.50	Change Hurdle Heights									
10.55	W1									
11.00		3000 Metres Heat M18	M16	W16	M14	F14	M40+	F40+		
11.05	W2									
11.10										
11.15	W40	3000 Metres Heat F18								
11.20	W20									
11.25	W18									
11.30	Change Hurdle Heights	3000 Metres Heat M20								
	300 Metre Hurdles									
11.35	M40 - (60+)									
11.40	W40 - (50+)									
11.45	Change Hurdle Heights	3000 Metres Heat F20								
	200 Metre Hurdles									
11.50	M16									
11.55	W16									
12.00		3000 Metres Heat M40+	M1	M2	W1	W2	M20	W20	M18	M16
12.05	W40 - (60+)									
12.10	M14									
12.15		**3000 Metres Heat F40+**								
12.20	W14									
12.25										
	200 Metres									
12.30	M1	3000 Metres Heat M2								
12.35										
12.40										
12.45		3000 Metres Heat F2								
12.50	M2									
12.55										
1.00		3000 Metres Heat M1			M16	F16	M14	F14	M40+	F40+
1.05										
1.10	M40									
1.15		3000 Metres Heat F1								
1.20										
1.25										
1.30		1500 Metres Walk								
1.35	M20	M16 - W16 - M14 - W14								
1.40										
1.45										
1.50	M18									
1.55		3000 Metre Walk Heat 1								
2.00		M1 - W1 - M20 - W20	M18	F18	M1	M2	W16	W2	M20	W20
2.05	M16									
2.10										
2.15										
2.20	M14	3000 Metre Walk Heat 2								
2.25		M40+ - M18 - W18								
2.30										
2.35	W1									
2.40										

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Time		Event	Triple 1	Triple 2	HJ - 1	HJ - 2	Shot 1	Shot 2	Hammer	Hammer
2.45	W2	3000 Metre Walk Heat 3								
2.50		W40+ - M2 - W2								
2.55										
3.00	W40		M40+	W40+			M16	W16	M14	W14
3.05										
3.10										
3.15	W20	M16 - 800 Metres - 3 Heats								
3.20										
3.25	W18									
3.30		M14 - 800 Metres - 3 Heats								
3.35										
3.40	W16	W16 - 800 Metres - 3 Heats								
3.45										
3.50										
3.55	W14	W14 - 800 Metres - 3 Heats								
4.00			M20	W20	M18	W18	M1	M2	F1	F2
4.05		M18 - 800 Metres - 3 Heats								
4.10										
4.15		W18 - 800 Metres - 3 Heats								
4.20										
4.25		M20 - 800 Metres - 2 Heats								
4.30										
4.35		W20 - 800 Metres - 2 heats								
4.40										
4.45		W40 - 800 Metres - 3 Heats								
4.50										
4.55										
5.00		M40 - 800 Metres - 3 Heats	M14	W14	M40+	W40+			M16	F16
5.05										
5.10		WD2 - 800 Metres - 3 Heats								
5.15										
5.20										
5.25		MD2 - 800 Metres - 3 Heats								
5.30										
5.35		WD1 - 800 Metres - 3 Heats								
5.40										
5.45										
5.50		MD1 - 800 Metres - 5 Heats								
5.55										
6.00										
6.05		W14 - 4 X 400 Metre Relay								
6.10		M14 - 4 X 400 Metre Relay								
6.15		W16 - 4 X 400 Metre Relay								
6.20										
6.25		M16 - 4 X 400 Metre Relay								
6.30		W18 - 4 X 400 Metre Relay								
6.35		M18 - 4 X 400 Metre Relay								
6.40										
6.45		W20 - 4 X 400 Metre Relay								
6.50		M20 - 4 X 400 Metre Relay								
6.55		W2 - 4 X 400 Metre Relay								
7.00										
7.05		M2 - 4 x 400 Metre Relay								
7.10		W1 - 4 x 400 Metre Relay								
7.15		M1 - 4 x 400 Metre Relay								