

North of England K.O. Cup / Plate Final

Field Timetable

11.00	Hammer	Men Cup and Plate
	Long Jump	Women Cup and Plate Pit 1
	Pole Vault	Women Cup and Plate
	High Jump	Men Cup and Plate
12.00	Long Jump	Men Cup and Plate Pit 2
12.15	Hammer	Women Cup and Plate
12.30	Shot	Men Cup and Plate
13.00	Pole Vault	Men Cup and Plate
13.15	Discus	Women Cup and Plate
13.30	Triple Jump	Women Cup and Plate Pit 1
14.15	Shot Putt	Women Cup and Plate
14.15	Discus	Men Cup and Plate
15.00	High Jump	Women Cup and Plate
15.15	Javelin	Women Cup and Plate
16.00	Triple Jump	Men Cup and Plate Pit 2
16.15	Javelin	Men Cup and Plate

Please Note, competitors to have 4 trials only.