

TIMETABLE FOR K.O. CUP and PLATE FINAL

8th SEPTEMBER 2007

STANLEY PARK ARENA

TRACK

12.00	10,000m	Men Cup & Plate
12.45	400m Hurdles	Women Cup & Plate
13.00	400m Hurdles	Men Cup & Plate
13.15	800m	Women Cup & Plate
13.25	800m	Men Cup & Plate
13.35	100m	Women Cup & Plate (Plus Non-Scoring)
13.50	100m	Men Cup & Plate (Plus Non-Scoring)
14.10	3,000m S/C	Men Cup & Plate
14.30	100m Hurdles	Women Cup & Plate
14.40	3,000m	Women
15.00	110m Hurdles	Men Cup & Plate
15.15	400m	Women Cup & Plate (Plus Non-Scoring)
15.25	400m	Men Cup & Plate Plus (Non-Scoring)
15.40	1500m	Women
15.50	1500m	Men Cup & Plate
16.05	200m	Women Cup & Plate (Plus Non-Scoring)
16.20	200m	Men Cup & Plate (Plus Non-Scoring)
16.35	5,000m	Men Cup & Plate
17.00	4 x 100m	Women
17.10	4 x 100m	Men Cup & Plate
17.20	4 x 400m	Women Cup & Plate
17.30	4 x 400m	Men Cup & Plate