

**Competition Timetable - CP Nationals
Harvey Hadden Stadium, Nottingham NG8 4PB**

September 17th & 18th 2011

Registration & Competition numbers from 8-30am

Saturday 17th

Track		Field			
Time	Event	Time	Event	M/F	Area
		9-30am	Club	M/F	D
10-30am	100m		Seated Shot	M	F
			Amb Discus	F	C
			Amb Shot (pool 1)	M	A
		11-00am	Amb Shot (pool 2)	M	A
12-00	60m				
12-30pm	400m	12-30pm	Amb Discus (pool 1)	M	C
		12-45pm	Seated Javelin / Jav Ball	F	F
		1-00pm	Amb Shot	F	A
		1-30pm	Seated Discus	M	D
2-00pm	3000m	2-00pm	Amb Discus (pool 2)	M	C
			Long Jump	M/F	G
			Height Throw	M/F	E
		2-15pm	Seated Shot	F	F
3-30pm	800m				

Sunday 18th

Track		Field			
Time	Event	Time	Event	M/F	Area
		10-00am	Amb Javelin	F	B
10-30am	200m		Seated Javelin	M	F
			Seated Discus	F	D
		11-00am	Amb Javelin	M	B
12-00	1500m				
12-30pm	Relays				