



<b>Track and Field Timetable</b> <b>St Albans 13 April 2019</b>
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**TRACK**

Event No.	Event	Class	Gender	Event Time
T1	100m Wheelchair	T33	F	10:00
T2	100m RaceRunning	RR2	M	10:10
T3	100m Ambulant	All	F	10:20
T4	100m Wheelchair	T34	M	10:30
T5	100m RaceRunning	RR2	F	10:40
T6	100m Ambulant	All	M	10:50
T8	800m RaceRunning	RR2	M	11:10
T7	200m Wheelchair	T33	F	11:25
T10	200m Ambulant	All	F	11:35
T11	200m Wheelchair	T34	M	11:45
T12	200m RaceRunning	RR2	F	11:55
T9	60m Ambulant	T35	M	12:05
<b>LUNCH</b>				<b>12:10</b>
T13	200m Ambulant	All	M	12:40
T14	200m RaceRunning	RR2	M	12:50
T15	400m Wheelchair	T33	F	13:00
T16	400m Wheelchair	T34	M	13:10
T17	400m Ambulant	T38	M	13:20
T18	400m RaceRunning	RR2	M	13:30

**FIELD**

Event No.	Event	Class	Gender	Event Time
F1	Seated Discus	F32, F55	M/F	09:30
F2	Ambulant Discus	F35, F36	M	10:00
F3	Seated Shot	F32, F35, F55	M/F	10:30
F4	Ambulant Shot	F35, F36, F38	M	11:20
F5	Seated Javelin	F55	M/F	11:50
<b>LUNCH</b>				<b>12:20</b>
F6	Seated Club	F32	M/F	13:00
F7	Long Jump	F37, F38	M	13:30