



Sainsbury's UK School Games 2010 Athletics Timetable			
Day 1 – Friday 3rd September 2010			
Time	Track	Field	Presentations
17.00	300m Hurdles (G)	Hammer (B)	
		Pole Vault (G)	
		Triple Jump (B)	
17.15	100m (B)	Shot (G)	
17.30	1500m (G)	High Jump (B)	
17.45	400m (B)		300m Hurdles (G)
			100m (B)
18.00	80m Hurdles (G)		
18.20	3000m (B)	Long Jump LD (G)	
		Discus (B)	
			1500m (G)
18.35	200m Wheelchair (B)		400m (B)
18.45		Seated and Ambulant Shot (G+B)	80m Hurdles (G)
			3000m (B)
18.50	200m (G)		Hammer (B)
19.05	200m Ambulant (G)		Shot (G)
			Triple Jump (B)
19.30	800m (B)		200m Wheelchair (B)
19.35		Javelin (G)	200m (G)
		Long Jump (G)	Discus (B)
			High Jump (B)
			Pole Vault (G)
			Long Jump LD (G)
19.45	1500m Steeplechase (B)		200m Ambulant (G)
20.00	4x300m (G)		800m (B)
20.15			1500m Steeplechase (B)
			Seated and Ambulant Shot (G+B)
20.30	4x100m (B)		



Day 2 – Saturday 4 th September 2010			
	Track	Field	Presentations
14.00		Hammer (G)	
		Pole Vault (B)	
14.15		Triple Jump (G)	4x300m relay (G)
			4x100m relay (B)
			Javelin (G)
			Long Jump (G)
14.30	400m Hurdles (B)	Shot (B)	
14.45	100m (G)		
			400m Hurdles (B)
15.00	1500m (B)		
			100m (G)
15.20	300m (G)		
15.35		Discus (G)	1500m (B)
15.40	100m Hurdles (B)	High Jump (G)	Hammer (G)
			Triple jump (G)
15.50		Seated and Ambulant Discus (G+B)	300m (G)
			Shot (B)
16.00	800m (G)	Shot LD (B)	100m Hurdles (B)
16.05		Long Jump (B)	
16.15	200m Wheelchair (G)		800m (G)
16.30			
16.35	200m (B)	Javelin (B)	
16.50	200m Ambulant (B)		Pole Vault (B)
17.15	3000m (G)		200m Wheelchair (G)
			200m (B)
			200m Ambulant (B)
17.30	4x400m (B)		Shot LD (B)
			Discus (G)
			High Jump (G)
17.45	4x100m (G)		3000m (G)
			Long jump (B)
			Javelin (B)
			4x400m (B)
			Seated and Ambulant Discus (G+B)
			4x100m (G)
18.00	Team Presentation		

G = Girls
B = Boys