

## Atlantic Track & Field Championships

### Saturday 28/07/2018 - Day 1 TRACK

<u>Time</u>	<u>Event</u>	<u>Round</u>	<u>Category</u>
14:00	100m	Dec	YM + JM + SM
14:05	2000m	Final	MF / MM
14:25	80m H	Final + Pent	MF + VF
14:30	100m H	Final + Hept	YF / JF + SF + VF
14:40	100m H	Final + Pent	MM
14:45	110m H	Final + Dec	YM + JM + SM
14:50	3000m	Final	YF + JF + SF + VF / YM + JM + SM + VM
15:20	100m	Heats	MF + YF + JF + SF + VF / MM + YM + JM + SM + VM
16:00	300m	TSF	MF / MM
16:10	400m	TSF	YF + JF + SF + VF / YM + JM + SM + VM
16:30	<b>BREAK</b>		
17:30	100m	Final	MF YF JF SF VF MM YM JM SM VM
18:00	Medley Relay	Final	MF / MM
18:15	4x400m Relay	Final	YF + JF + SF + VF / YM + JM + SM + VM
18:45	800m	Pent	MF
18:50	1000m	Pent	MF
18:55	200m	Hept	YF + JF + SF
19:00	400m	Dec	YM + JM + SM

### Sunday 29/07/2018 - Day 2 TRACK

<u>Time</u>	<u>Event</u>	<u>Round</u>	<u>Category</u>
9:00	5000m	Final	JF + SF + VF + JM + SM + VM
9:30	110m H	Dec	YM + JM + SM
9:40	100m	WC	OM
9:45	1500m SC	Final	MF + MM
9:55	2000m SC	Final	YF / YM
10:05	3000m SC	Final	SM
10:20	800m	TSF	MF + YF + JF + SF + VF / MM + YM + JM + SM + VM
10:40	200m H	Final	MF + MM
10:45	400m H	Final	YF + JF + SF + VF / YM + JM + SM + VM
11:00	200m	WC	OM
11:05	200m	Heats	MF + YF + JF + SF + VF / MM + YM + JM + SM + VM
11:35	1200m	Final	MF / MM
11:45	1500m	Final	YF + JF + SF + VF / YM + JM + SM + VM
12:15	<b>BREAK</b>		
13:20	1500m	WC	OM
13:30	200m	Final	MF + YF + JF + SF + VF / MM + YM + JM + SM + VM
14:00	<b>BREAK</b>		
14:30	4x100m Relay	Final	MF + YF + JF + SF + VF / MM + YM + JM + SM + VM
14:45	800m	Hept	YF + JF + SF
14:55	1500m	Dec	YM + JM + SM

### Atlantic Track & Field Championships

Saturday 28/07/2018 - Day 1 FIELD						
<u>Time</u>	<u>HJ</u>	<u>LJ #1</u>	<u>LJ #2</u>	<u>SP</u>	<u>JT</u>	<u>HT</u>
14:00	MF			MF YF JF SF VF	MM YM JM SM VM	
14:15	[11]			F-Amb	[21]	
14:30				[20]		
14:45		MM YM				
15:00		M-Pent Dec				
15:15	YF JF SF VF	[15]				
15:30	F-Pent Hept				MF YF JF SF VF	
15:45	[11]				[23]	
16:00		JM SM VM	JF SF VF			
16:15		[10]	F-Amb			
16:30	MM YM		[14]	Pent Hept Dec		
16:45	[13]			[11]		
17:00						JM SM VM
17:15						[8]
17:30		MF	YF			
17:45	JM SM VM	[17]	F-Pent			
18:00	M-Pent Dec		[13]			MF YF JF SF VF
18:15	[11]					[13]
18:30						
18:45						

### Atlantic Track & Field Championships

Sunday 29/07/2018 - Day 2 FIELD						
<u>Time</u>	<u>LJ</u>	<u>TJ</u>	<u>PV</u>	<u>SP</u>	<u>DT</u>	<u>JT</u>
9:30				WC JT [1]		
9:45						
10:00		MM YM JM SM VM				
10:15		[9]				
10:30				WC DT [1]	Dec	
10:45					[6]	
11:00						
11:15		MF YF JF SF VF				
11:30		[20]		WC SP [1]	MM YM JM SM VM	
11:45			Dec		M-Amb	
12:00			[6]		[26]	
12:15						
12:30	Hept					
12:45	[2]					
13:00						
13:15					MF YF JF SF VF	
13:30					[22]	Hept Dec
13:45						[8]
14:00						
14:15						
14:30				MM YM JM SM VM		
14:45				M-Amb		
15:00				[22]		
15:15						
15:30						