



Bedford International Athletics Stadium
Sunday, 31 May 2009

11.00		Hammer (M&W)
11.30	McCain ICE U17 100m Heats (W)	
11.40		Long Jump (W)
11.50	McCain ICE U17 100m Heats (M)	Pole Vault (M)
12.15		High Jump (W)
12.20	400m H (M)	
12.35	400m H (U18 M)	
12.45	400m H (W)	Shot (W)
12.55		Triple Jump (W)
13.00	400m (M)	
13.05		Discus (M)
13.10	McCain ICE U17 100m FINAL (W)	
13.15	McCain ICE U17 100m FINAL (M)	
13.20	100m (W)	
13.45	AMBULANT DISABILITY 100m (W)	
13.50	AMBULANT DISABILITY 100m (M)	
14.00	100m (M)	
14.10		Discus (W)
14.30		Long Jump (M)
14.40		High Jump (M)
14.45	110m H (SM)	
14.55	110m H (U20 M)	
15.05	110m H (U18 M)	
15.15		Pole Vault (W)
15.20	800m (M)	Javelin (W)
15.25	100m H (SW)	
15.35	100m H (U20 W)	Shot (M)
15.45	100m H (U18 W)	Triple Jump (M)
16.00	4 x 75m Schools Relay (B)	
16.10	4 x 75m Schools Relay (G)	
16.20	200m (M)	
16.35	AMBULANT DISABILITY 200m (W)	
16.40	McCain ICE Disability 200m (mixed)	
16.45	200m (W)	
16.55		Javelin (M)
17.00	AMBULANT DISABILITY 400m (M)	
17.05	400m (W)	
17.15	BIG Schools Event	
	6 x 10m Shuttle Run	
17.25	4 x 100m Relay (W)	
17.35	4 x 100m Relay (M)	