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| **Parliament Hill Timetable** | | | | | | |
| **TRACK** | | | | **FIELD** | | |
| **Time** | **Event** | **Entries** | **Round** | **Time** | **Event** | **Entries** |
| 10:20 | 10,000m MEN & WOMEN | 18 | CHAMPIONSHIP | 10:20 | Long Jump M&W | 29 |
| 11:20 | 100mH WOMEN | 5 | FINAL |  |  |  |
| 11:30 | 1500m WOMEN | 8 | FINAL |  |  |  |
| 11:40 | 1500m MEN | 13 | FINAL | 11:30 | Shot Put M&W | 29 |
| 11:50 | 110mH MEN | 4 | FINAL |  |  |  |
| 12:00 | 100m WOMEN | 20 | FINAL |  |  |  |
| 12:15 | 100m MEN | 32 | FINAL |  |  |  |
| 12:35 | 400m WOMEN | 7 | FINAL | 12:30 | High Jump M&W | 9 |
| 12:45 | 400m MEN | 13 | FINAL |  |  |  |
| **LUNCH** | | | | | | |
| 13:10 | 5000m WOMEN | 10 | FINAL | 13:30 | Discus M&W | 17 |
| 13:40 | 5000m MEN | 19 | FINAL |  |  |  |
| 14:10 | 200m WOMEN | 18 | FINAL |  |  |  |
| 14:25 | 200m MEN | 28 | FINAL | 14:20 | Javelin M&W | 20 |
| 14:45 | 800m WOMEN | 7 | FINAL |  |  |  |
| 14:50 | 800m MEN | 13 | FINAL |  |  |  |
| **BREAK** | | | | | | |
| 15:15 | 2000m SC WOMEN | 6 |  | 15:20 | Triple Jump M&W | 14 |
| 15:35 | 4X100m WOMEN |  | FINAL |  |  |  |
| 15:45 | 4X100m MEN |  | FINAL |  |  |  |
| 15:55 | 3000m SC MEN | 7 |  |  |  |  |
| 16:25 | 4X400m WOMEN |  | FINAL |  |  |  |
| 16:35 | 4X400m MEN |  | FINAL |  |  |  |



LONDON COLLEGES ATHLETICS SERIES 2016

TIMETABLE as of 15 March 2016 - subject to change

Please note that medal presentations for all events will take place at the end of the match. The Competition Director reserves the right to amend the programme provided that sufficient advance warning is given to competitors. Please go to [www.london-athletics.com](http://www.london-athletics.com) for more information.