

ESSEX A A County Championships 2010 Provisional timetable

DAY 1 3rd May	DAY 2 8th May	DAY 3 9th May	DAY 4 15th May
Track	Track	Track	
10.30 80H Pent BU15	10.30 75H GU15 heats	10.30 800 GU13 heats	Oct MU17
10.40 1200 GU13 heats	10.40 80HW U17 heats	10.40 800 BU13 heats	Dec JM
10.55 150 GU13 heats	10.55 80H BU15 heats	10.50 800 GU15 heats	Dec SM
11.10 1500 GU15 heats	11.05 100H MU17 heats	11.05 300H WU17 Final	Hept WU17
11.25 1500 BU13 Heats	11.15 110H JM Final	11.15 400H MU17 Final	Hept SW
11.40 75H BU13 heats	11.20 110H SM Final	11.20 400H SW Final	
12.05 70H GU13 heats	11.25 100H SW Final	11.25 400H JW Final	10K Walk
12.20 200 GU15 heats	11.30 100H JW Final	11.30 400H SM Final	
12.40 200 WU17 heats	11.40 800 JM heats	11.35 400H JM Final	2000S/C JM
12.55 200 MU17 heats	11.50 800 MU17 heats	11.40 400 VM Final	2000S/C JW
13.20 200 BU15 heats	12.05 800 BU15 heats	11.50 100 BU13 heats	3000S/C SM
13.30 200 BU13 heats	12.20 800 SM Final	11.55 75 GU13 heats	3000S/CSW
13.50 1500 WU17 heats	12.30 1500 JW Final	12.10 5000 SW Final	
14.40 1500 BU15 heats	12.35 1500 SW Final	12.30 800 WU17 heats	
14.55 1500 MU17 heats	12.45 300 GU15 heats	12.40 800 JW Final	
Field	13.15 400 MU17 heats	12.45 800 SW heats	DAY 5 16th May
10.30 Long Jump Pent GU15	13.30 400 JW heats	12.55 1500 JM heats	Oct MU17
10.30 Discus BU15	13.40 400 SW heats	13.10 1500 SM heats	Dec JM
10.30 Discus BU13	13.50 400 JM heats	13.20 1500 VM Final	Dec SM
10.30 Pole vault BU15	14.00 400 SM heats	13.30 1000 walk U13	Hept WU17
11.30 High jump BU13	14.10 100 VW Final	13.30 2000 walk U15	Hept SW
11.45 Discus GU15	14.15 100 GU15 heats	13.30 3000 walk Others	
11.45 Discus GU13	14.35 100 BU15 heats	14.25 400 BU15 heats	10000 SM
13.00 High jump GU13	14.50 100 MU17 heats	14.35 400 WU17 heats	
13.00 Long jump GU13	15.05 100 WU17 heats	14.55 200 JW heats	3000 JM
13.30 Discus MU17	15.15 100 JM heats	15.05 200 SW heats	3000 SW
14.15 Shot BU13	15.55 5000 SM Final	15.15 200 JM heats	3000 JW
14.15 Shot GU13	16.20 400 VW Final	15.30 200 SM heats	
15.00 Javelin WU17	16.25 100 JW heats	16.45 3000 BU15 Final	
15.00 Javelin GU15	16.45 100 VM Final	16.45 3000 MU17 Final	
15.30 Long jump BU13	16.50 100 SM Final		DAY 6 8th June evening
16.15 Javelin BU13	16.55 100 SW Final	Field	
16.15 Javelin GU13	17.45 400 SM Final	10.30 High jump SW	
	17.50 3000 GU15 Final	10.30 High jump JW	3000 SM
	17.50 3000 WU17 Final	10.30 Long jump GU15	
		10.30 Javelin MU17	
	Field	10.30 Shot BU15	1500S/C MU17
	10.30 Hammer MU17	11.30 Long jump MU17	1500S/C WU17
	10.30 Hammer BU15	11.30 Shot WU17	
	10.30 Hammer BU13	12.00 High jump GU15	
	10.30 High jump MU17	12.00 Javelin BU15	4x100 BU13
	10.30 Shot SM	12.30 Long jump SM	4x100 GU13
	10.30 Shot JM	12.30 Long jump JM	4x100 BU15
	11.30 Triple jump BU15	13.15 Shot MU17	4x100 GU15
	12.15 High jump BU15	13.30 Javelin SW	4x100 MU17
	12.30 Javelin SM	13.30 Javelin JW	4x100 WU17
	12.30 Javelin JM	14.30 Discus SM	
	13.15 Pole vault SM	14.30 Discus JM	3x800 BU13
	13.15 Pole vault JM	14.30 Long jump WU17	3x800 GU13
	13.15 Pole vault MU17	15.30 Triple jump MU17	3x800 BU15
	13.45 Triple jump SW	15.45 Hammer SW	3x800 BU15
	13.45 Triple jump JW	15.45 Hammer JW	3x800 WU17
	14.00 Discus SW	15.45 Hammer WU17	4x400 MU17
	14.00 Discus JW	15.45 Hammer GU15	
	14.00 Discus U17W	15.45 Pole vault SW	Medley BU15
	14.00 High jump SM	15.45 Pole vault JW	Medley GU15
	14.00 High jump JM	15.45 Pole vault WU17	Medley MU17
	14.30 Long jump BU15	15.45 Pole vault GU15	Medley WU17
	15.00 Shot GU15	16.30 Triple jump SM	
	15.30 Triple jump WU17	16.30 Triple jump JM	Medley =
	15.30 Triple jump GU15		2x200,1x400,1x800
	15.45 High jump WU17		
	16.00 Shot SW		
	16.00 Shot JW		
	16.15 Long jump SW		
	16.15 Long jump JW		
	16.30 Hammer SM		
	16.30 Hammer JM		