

# LOUGHBOROUGH INTERNATIONAL 2024

## TIMETABLE V3

11:00	Men	100m Guest A	F 1	11:00	Women	Hammer
11:05	Men	100m Guest B				
11:10	Men	100m Guest C				
11:15	Women	100m Para Guest				
11:20	Women	100m Guest A	F 2	11:20	Women	Triple Jump
11:25	Women	100m Guest B				
11:30	Women	100m Guest C				
11:40	Women	U18/Guest Women's 100mH				
11:45	Women	100mH Guest B				
			F 3	11:50	Women	High Jump
11:55	Women	100mH MATCH				
			F 4	12:00	Men	Hammer
12:03	Men	U18 and U20 110mH				
12:10	Men	110mH Guest A				
12:15	Men	110mH MATCH	F 5	12:15	Women	Pole Vault
12:25	Men	400m Guest A				
12:30	Men	400m Guest B				
12:35	Men	400m Guest C				
12:40	Men	Para 400m MATCH				
12:45	Women	400m Guest A				
12:50	Women	400m Guest B				
13:00	Men	4 x 100m MATCH				
13:06	M + W	4 x 100m Guest				
13:12	Women	4 x 100m MATCH	F 6	13:10	Men	Triple Jump
13:20	Men	800m Guest A	F 7	13:20	Women	Discus
13:27	Women	800m Guest A				
13:35	Men	1500m Guest A				
13:43	Men	Para 1500m MATCH				
13:50	Women	1500m Guest A				
14:00	Men	200m Guest A				
14:05	Men	200m Guest B				
14:10	Men	200m Guest C				
14:15	Women	200m Guest A				
14:20	Women	200m Guest B				
14:25	Women	200m Guest C				
			F 9	14:30	Women	Shot

14:35	Women	400mH Guest A	F 8	14:35	Men	High Jump
14:40	Women	400mH Guest B				
14:45	Women	400mH MATCH	F 10	14:45	Men	Discus
14:55	Men	400mH U18				
15:03	Men	400mH Guest A	F 11	15:05	Women	Long Jump
15:08	Men	400mH Guest B				
15:15	Men	400mH MATCH				
15:20	Women	400m MATCH				
15:25	Men	400m MATCH				
15:30	Women	800m MATCH	F 12	15:45	Men	Pole Vault
15:37	Men	800m MATCH				
15:45	Women	Para 100m MATCH				
15:50	Men	Para 100m MATCH				
15:55	Women	100m MATCH				
16:00	Men	100m MATCH				
			F 13	16:10	Women	Javelin
16:12	Women	3k s/chase MATCH				
16:28	Women	Mile MATCH				
16:38	Men	3k s/chase MATCH				
			F14	16:55	Men	Shot
16:55	Men	THE GANDY MILE	F15	17:00	Men	Long Jump
17:05	Women	200m MATCH				
17:11	Men	200m MATCH				
17:18	Women	3000m MATCH				
			F 16	17:20	Men	Javelin
17:33	Men	3000m MATCH				
17:50	Women	4 x 400m MATCH				
18:00	Men	4 x 400m MATCH				