

**DM HALL CLOSED SENIOR INDOOR CHAMPIONSHIPS and EAST & WEST
DISTRICT INDOOR CHAMPIONSHIPS
PROVISIONAL TIMETABLE
SUNDAY 18 JANUARY 2009**

Straight Track

NO	TIME	EVENT	AGE GROUP	Dist	ROUND	HEATS
T1	10.00	60m Hurdles	Senior Men	Closed	Final	1
T2	10.10	60m Hurdles	U17 Men	E/W	Final	1
T3	10.20	60m Hurdles	Senior Women	Closed	1	2
T4	10.30	60m Hurdles	U15 Boys	E/W	Final	1
T5	10.40	60m Hurdles	U17 Women	East	1	2
T6	10.45	60m Hurdles	U17 Women	West	Final	1
T7	10.55	60m Hurdles	U15 Girls	East	1	2
T8	11.05	60m Hurdles	U15 Girls	West	Final	1
T9	11.15	60m Hurdles	Senior Women	Closed	Final	1
T10	11.25	60m Hurdles	U17 Women	East	Final	1
T11	11.35	60m Hurdles	U15 Girls	East	Final	1

Circular Track

NO	TIME	EVENT	AGE GROUP	District	ROUND	HEATS
T12	10.00	800m	Senior Men	Closed	1	4
T13	10.20	800m	U17 Men	East	Final	1
T14	10.30	800m	U17 Men	West	Final	1
T15	10.40	800m	U15 Boys	East	Final	1
T16	10.45	800m	U15 Boys	West	1	2
T17	10.55	800m	U13 Boys	East	Final	1
T18	11.00	800m	U13 Boys	West	1	2
T19	11.10	200m	U15 Girls	East	1	3
T20	11.25	200m	U15 Girls	West	1	3
T21	11.40	200m	Senior Women	Closed	1	3
T22	11.55	200m	U17 Women	East	1	3
T23	12.05	200m	U17 Women	West	1	2
T24	12.10	800m	Senior Men	Closed	Semi	2
T25	12.20	800m	U15 Boys	West	Final	1
T26	12.25	800m	U13 Boys	West	Final	1
			LUNCH			
T27	13.15	200m	U17 Women	East	Final	1
T29	13.20	200m	U17 Women	West	Final	1
T30	13.25	200m	U15 Girls	East	Final	1
T31	13.30	200m	U15 Girls	West	Final	1
T32	13.35	200m	Senior Men	Closed	1	5
T33	13.50	200m	U17 Men	East	1	2
T34	13.55	200m	U17 Men	West	1	3
T35	14.05	200m	U15 Boys	East	1	2
T36	14.10	200m	U15 Boys	West	1	3
T37	14.20	200m	Senior Women	Closed	Final	1
T38	14.25	800m	Senior Women	Closed	1	2
T39	14.35	800m	U13 Girls	East	Final	1
T40	14.40	800m	U13 Girls	West	1	2
T41	14.50	800m	U15 Girls	West	1	3
T42	15.05	800m	U17 Women	East	Final	1
T43	15.15	800m	U17 Women	West	Final	1

T44	15.25	200m	Senior Men	Closed	Semi	2
T45	15.30	3000m	Senior Men	Closed	Final	1
T46	15.45	3000m	Senior Women	Closed	Final	1
T47	16.00	200m	U17 Men	East	Final	1
T48	16.05	200m	U17 Men	West	Final	1
T49	16.10	200m	U15 Boys	East	Final	1
T50	16.15	200m	U15 Boys	West	Final	1
T51	16.20	800m	U13 Girls	East	Final	1
T52	16.25	800m	U13 Girls	West	Final	1
T53	16.30	800m	U15 Girls	East	Final	1
T54	16.35	800m	U15 Girls	West	Final	1
T55	16.40	800m	Senior Men	Closed	Final	1
T56	16.45	800m	Senior Women	Closed	Final	1
T57	16.	200m	Senior Men	Closed	Final	1

**DM HALL CLOSED SENIOR INDOOR CHAMPIONSHIPS and EAST & WEST DISTRICT INDOOR CHAMPIONSHIPS
PROVISIONAL FIELD TIMETABLE
SUNDAY 18 JANUARY 2009**

FIELD					
No	Time	Event	Age	Dist	Round
F1	10.00	Pole Vault	Sen Women	Closed	Final
F2	10.00	Long Jump	U17 Women	East	Final
			U17 Women	West	Final
F3	10.00	Shot Putt	U17 Men	East	Final
			U17 Men	West	Final
F4	11.30	Long Jump	Sen Men	Closed	Final
F5	11.30	Shot Putt	U17 Women	East	Final
			U17 Women	West	Final
F6	13.00	Pole Vault	U15 Boys	East/West	Final
			U15 Girls	East/West	Final
			U17 Women	East/West	Final
F7	13.00	High Jump	U17 Women	East	Final
			U17 Women	West	Final
F8	13.00	Long Jump	U13 Boys	East	Final
			U13 Boys	West	Final
F9	14.00	High Jump	U15 Boys	East	Final
			U15 Boys	West	Final
F10	14.00	Shot Putt	Sen Women	Closed	Final
F11	14.00	Long Jump	U17 Men	East	Final
			U17 Men	West	Final
F12	15.00	Shot Putt	Senior Men	Closed	Final
F13	15.00	Triple Jump	Senior Women	Closed	Final
F14	15.30	High Jump	U15 Girls	East	Final
			U15 Girls	West	Final
F15	16.00	Triple Jump	U17 Women	East	Final
			U17 Women	West	Final

NB All competitors to be given 2 warm up attempts. More if time permits.
All competitors MUST register a distance in first 3 rounds to qualify for final rounds.
In senior field events the top 8 athletes will qualify for the final 3 rounds.
In all other age groups the top 6 athletes will qualify for the final 3 rounds.