

<b>This is a PROVISIONAL timetable for entry purposes only, a FINAL timetable will be published on Friday 8th February</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	10.00	60m	Sen M CE	
	10.04	60m	U20M CE	
	10.08	60m	U17M CE	
	10.16	60m	Mas M CE	
	10.20	4 x 200m Relay	U13 Girls	1
	10.40	4 x 200m Relay	U13 Boys	1
	11.05	60m Hurdles	U15 Boys CE	
	11.15	60m Hurdles	U13 Boys CE	
	11.30	60m Hurdles	U13 Girls CE	
	11.50	4 x 200m Relay	U15 Girls	1
	12.10	4 x 200m Relay	U17 Women	1
	12.30	4 x 200m Relay	Sen/U20 Women	1
	12.40	4 x 200m Relay	Sen/U20 Men	1
	13.20	4 x 200m Relay	U15 Boys	1
	13.35	4 x 200m Relay	U17 Men	1
	13.50	4 x 200m Relay	U13 Girls	Semi Final
	14.00	4 x 200m Relay	U13 Boys	Semi Final
	14.10	4 x 200m Relay	U15 Girls	Semi Final
	14.20	4 x 200m Relay	U15 Boys	Semi Final
	14.30	4 x 200m Relay	U17 Women	Semi Final
	14.40	4 x 200m Relay	U17 Men	Semi Final
	14.50	4 x 200m Relay	Sen/U20 Women	Final
	15.00	4 x 200m Relay	Sen/U20 Men	Final
	15.30	800m	U13 Boys CE	
	16.00	800m	U13 Girls CE	
	16.30	800m	U15 Boys CE	
All heat lists will be displayed at warm up area. Please check for report time. U13 / U15 / U17 Relay Finals will be held on Friday 1st March				
<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	
	9.50	Shot Put	U13 Boys CE	
	9.55	High Jump	U13 Girls CE	1m02
	10.00	Long Jump	U15 Boys CE	
	10.50	Shot Put	Mas M CE	
	11.00	Long Jump	Sen/U20 M CE	
	11.00	Long Jump	U17M CE	
	12.30	High Jump	U13 Boys CE	1m02
	12.30	Shot Put	Sen/U20 M CE	
	13.00	Long Jump	U13 Girls CE	
	13.15	Pole Vault	Mas M CE/MM/W	1m77
	13.45	High Jump	U15 Boys CE	1m22
	13.00	Shot Put	U17M CE	
	14.00	Long Jump	U13 Boys CE	
	14.30	Shot Put	U13 Girls CE	
	15.00	Shot Put	U13 Girls CE	
	15.15	High Jump	Sen/U20M CE	1m56
	15.15	High Jump	U17M CE	1m53
	15.15	Long Jump	Mas M CE	
	15.30	Shot Put	U15 Boys CE	
<b>Warm ups CE - HJ, LJ, SP - 2 Attempts</b>				

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Straight Track				
Event No	Time	Event	Age Group	Round
	9.50	60m Hurd	Sen M CE	
	10.00	60m Hurd	U20MCE	
			MM40CE/Mast M35/40/MM60CE	
	10.10	60m Hurd	U17M/Mas M50 CE	
	10.20	60m Hurd	SenU20 W CE	
	10.35	60m Hurd	MM80/MW40CE/MW 50/40	
	10.45	60m Hurd	U17W CE	
	11.00	60m	Masters - M	M35
	11.03	60m	Masters - M	M40
	11.07	60m	Masters - M	M45
	11.11	60m	Masters - M	M50
	11.15	60m	Masters - M	M55
	11.19	60m	Masters - M	M60/65/70/75
	11.23	60m Hurd	U15G CE	
	11.55	60m	Masters - W	W35/40
	11.59	60m	Masters - W	W45/50/55

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<b>Circular Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age</b>	<b>Heats</b>
	12.45	400m	Masters - M	M40/45
	12.49	400m	Masters - M	M35/50
	12.53	400m	Masters - M	M55/60
	12.57	400m	Masters - M	M65/70/75/85
	13.02	400m	Masters - W	W35/45/50/60
	13.07	800m	Masters - M	M35
	13.12	800m	Masters - M	M40
	13.17	800m	Masters - M	M45
	13.22	800m	Masters - M	M50
	13.27	800m	Masters - M	M55
	13.32	800m	Masters - M	M60-75/W50/60
	13.37	800m	Masters - W	W35/40/45/55
	13.42	200m	Masters - M	M35
	13.46	200m	Masters - M	M40
	13.54	200m	Masters - M	M45
	14.02	200m	Masters - M	M50
	14.10	200m	Masters - M	M55
	14.18	200m	Masters - M	M60/65/70/75
	14.23	200m	Masters - W	W35/40
	14.27	200m	Masters - W	W45
	14.31	200m	Masters - W	W50/55
	14.35	1500m	Masters - M	M35
	14.43	1500m	Masters - M	M40
	14.51	1500m	Masters - M	M45/W35
	15.00	1000m	Mas M CE	
	15.10	1000m	U17M CE	
	15.19	200m	Masters - M	M40
	15.23	200m	Masters - M	M45
	15.27	200m	Masters - M	M50
	15.31	200m	Masters - M	M55
	15.35	1500m	Masters - M	M50/60
	15.45	1500m	Masters - M	M55/65/75
	15.55	1500m	Masters - W	W40/45/50/55/60
	16.05	800m	U17W CE	
	16.15	800m	Sen W CE	
	16.25	800m	U20/MasW CE	
	16.30	800m	U15G CE	
	17.10	1000m	U20M CE	
	17.15	1000m	Sen M CE	

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<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	
	9.45	High Jump	U15G CE	SH 1.07
	9.50	Shot Put	U17W CE	
	10.00	Long Jump	Masters - M/W	
	11.45	Long Jump	U17W CE	
	11.45	Pole Vault	U17M CE	SH 2.17
	11.45	Shot Put	Masters W	
	12.30	High Jump	Sen/U20/W CE	SH 1.27
	12.30	Shot Put	Masters - M	
	12.45	High Jump	Mas M/W CE	
	13.30	Long Jump	U15G CE	
	14.00	Shot Put	Sen/U20/Mas W CE	
	14.00	High Jump	U17W CE	SH 1.27
	14.15	Pole Vault	Sen/U20 M CE	SH 3.07
	15.00	Shot Put	U15G CE	Pool 1
	15.30	Long Jump	Sen/U20/Mas W CE	
	15.30	High Jump	Masters - M/W	
	15.30	Shot Put	U15G CE	Pool 2
	16.00	Triple Jump	Masters - M/W	Out 7m/9m/11m
<b>Warm ups for HJ, LJ, TJ, SP - 2 attempts</b> <b>Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts</b>				

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