

This is a PROVISIONAL timetable for entry purposes only, a Final timetable will be published on FRIDAY 31st January

Track				
Event No	Time	Event	Age Group	Round
	10.00	60m	Sen Men CE	
	10.04	60m	U20 Men CE	
	10.08	60m	U17 Men CE	
	10.16	60m	Mas Men CE	
	11.05	60m Hurdles	U15 Boys CE	
	11.15	60m Hurdles	U13 Boys CE	
	11.30	60m Hurdles	U13 Girls CE	
	12.00	4 x 200m Relay	Sen Women	1
	12.12	4 x 200m Relay	Sen Men	1
	12.24	4 x 200m Relay	U13 Girls	1
	12.49	4 x 200m Relay	U15 Girls	1
	13.15	4 x 200m Relay	U13 Boys	1
	13.35	4 x 200m Relay	U15 Boys	1
	13.50	4 x 200m Relay	U17 Women	1
	14.10	4 x 200m Relay	U17 Men	1
	14.25	4 x 200m Relay	Sen Women	Final
	14.30	4 x 200m Relay	Sen Men	Final
	14.35	4 x 200m Relay	U13 Girls	Semi Final
	14.50	4 x 200m Relay	U15 Girls	Semi Final
	15.05	4 x 200m Relay	U13 Boys	Semi Final
	15.20	4 x 200m Relay	U15 Boys	Semi Final
	15.40	800m	U13 Boys CE	
	16.00	800m	U13 Girls CE	
	16.10	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 Saturday 15th February
 If heats are not required FINALS will go at HEAT time.**

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Field				
Event No	Time	Event	Age Group	
	10.00	High Jump	U13 Girls CE Pool 1	1m02
		High Jump	U13 Girls CE Pool 2	1m02
	10.00	Shot Put	U13 Boys CE	
	10.00	Long Jump	U15 Boys CE	
	10.50	Shot Put	Mas Men CE	
	11.00	Long Jump	Sen / U20 Men CE	
	11.00	Long Jump	U17 Men CE	
	12.30	High Jump	U13 Boys CE Pool 1	1m02
		High Jump	U13 Boys CE Pool 2	1m02
	12.30	Shot Put	Sen / U20 Men CE	
	13.00	Long Jump	U13 Girls CE Pool 1	
		Long Jump	U13 Girls CE Pool 2	
	13.00	Shot Put	U17 Men CE	
	13.15	Pole Vault	Mas Men CE / Mas	
	13.45	High Jump	U15 Boys CE	
	14.00	Long Jump	U13 Boys CE	
	14.30	Shot Put	U13 Girls CE Pool 1	
	15.00	Shot Put	U13 Girls CE Pool 2	
	15.15	High Jump	Sen Men CE	
	15.15	High Jump	U20 / U17 Men CE	
		High Jump	U20 Men CE	
	15.15	Long Jump	Mas Men CE	
	15.30	Shot Put	U15 Boys CE	

**All Shot competitions will be held in corner outside back straight.
 All Jumps & Shot Put - Minimum 2 Warm Ups
 3 Attempts in Competition
 High Jump - 2 Heights in Warm Up Only**

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Straight Track				
Event No	Time	Event	Age Group	Round
	10.00	60m Hurd	Sen Men CE	
		60m Hurd	U20 Men CE	
		60m Hurd	U17 Men CE	
		60m Hurd	Mas Men CE	
		60m Hurd	Sen / U20 / Mas Women CE	
		60m Hurd	U17 Women CE	
		60m Hurd	Masters Men / Women	
	11.00	60m	Masters Men / Women / Para	1
	11.30	60m Hurd	U15 Girls CE	
	11.50	60m	Masters Men / Women	Final
Straight Track will take precedence over Circular Track All heat lists will be displayed at warm up area. Please check for report time. If heats are not required FINALS will go at HEAT time.				
Circular Track				
Event No	Time	Event	Age	Round
	12.30	400m	Masters Men / Women / Para	Final
	13.05	800m	Masters Men / Women / Para	Final
	13.35	200m	Masters Men / Women / Para	1
	14.35	1500m	Masters Men / Women / Para	Final
	15.25	1000m	Mas Men CE	
	15.30	1000m	U17 Men CE	
	15.40	200m	Masters Men / Women	Final
	16.00	800m	U17 Women CE	
	16.15	800m	Sen Women CE	
	16.25	800m	U20 / Mas Women CE	
	16.30	800m	U15 Girls CE	
	17.10	1000m	U20 Men CE	
	17.15	1000m	Sen Men CE	
Straight Track will take precedence over Circular Track All heat lists will be displayed at warm up area. Please check for report time. If heats are not required FINALS will go at HEAT time.				

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Field				
Event No	Time	Event	Age Group	
	10.00	High Jump	U15 Girls CE Pool 2	SH 1m07
			U15 Girls CE Pool 1	SH 1m07
	10.00	Shot Put	U17 Women CE	
	10.00	Long Jump	Masters Men / Women / Para	
	11.15	Shot Put	Masters Men / Women / Para	
	11.45	Long Jump	U17 Women CE	
	11.45	Pole Vault	U20 / U17 Women CE	
	12.00	Shot Put	Masters Men	
	12.45	High Jump	Sen Women CE	
		High Jump	U20 Women CE	
	12.45	High Jump	Masters Men / Women CE	
	13.30	Long Jump	U15 Girls CE Pool 1	
		Long Jump	U15 Girls CE Pool 2	
		Shot Put	Masters Women CE	
	14.00	Shot Put	Sen / U20 / Mas Women CE	
	14.00	High Jump	U17 Women CE	
	14.15	Pole Vault	Sen Men CE	
	15.00	Shot Put	U15 Girls CE Pool 1	Pool 1
	15.30	Long Jump	Sen / U20 / Mas Women CE	
	15.30	High Jump	Masters Men / Women / Para	
	15.30	Shot Put	U15 Girls CE	Pool 2
	16.00	Triple Jump	Masters Men / Women / Para	Out 7m/9m/11m
<p>All Shot competitions will be held in corner outside back straight. Horizontal Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts. High Jump - 2 Heights in Warm Up Only</p>				