

Athletes must declare their intention to compete at least 60mins prior to the event start time.					
Track					
Event No	Warm Up Open	Event Time	Event	Age Group	Round
1	09:00	10:00	60m	Sen / Mas Men CE	
2	09:05	10:05	60m	U20 Men CE	
3	09:15	10:15	60m	U17 Men CE	
4	09:50	10:50	60m Hurdles	U13 Boys CE	
5	10:10	11:10	60m Hurdles	U15 Boys CE	
6	10:35	11:35	60m Hurdles	U13 Girls CE	
7	10:50	11:50	4 x 200m Relay	Sen Women	1
8	11:05	12:05	4 x 200m Relay	Sen Men	1
9	11:20	12:20	4 x 200m Relay	U13 Girls	1
10	11:40	12:40	4 x 200m Relay	U13 Boys	1
11	12:30	13:30	4 x 200m Relay	Sen Women	Final
12	12:35	13:35	4 x 200m Relay	Sen Men	Final
13	12:40	13:40	4 x 200m Relay	U15 Girls	1
14	13:00	14:00	4 x 200m Relay	U15 Boys	1
15	13:20	14:20	4 x 200m Relay	U17 Women	1
16	13:40	14:40	4 x 200m Relay	U17 Men	1
17		15:00	800m	Women	Invite
18		15:05	800m	Men	Invite
19		15:10	800m	U13 Boys CE	
20		15:30	800m	U13 Girls CE	
21		16:00	800m	U15 Boys CE	
All heat lists will be displayed ONLINE. Please check for report time. U13 / U15 / U17 Relay Finals will be held on Sunday 13th February If heats are not required FINALS will go at HEAT time.					
Field					
Event No	Warm Up Open	Event Time	Event	Age Group	
22	09:00	10:00	High Jump	U13 Girls CE Pool 1	1m13
				U13 Girls CE Pool 2	1m04
23	09:00	10:00	Shot Put	U13 Boys CE	
24		10:00	Long Jump	U15 Boys CE	In
25		11:00	Shot Put	Mas Men CE	
26		11:00	Long Jump	U17 Men CE	Out
27		11:00	Long Jump	U20 Men CE	In
				Sen Men CE	
28		12:30	High Jump	U13 Boys CE	1m04
29		12:30	Shot Put	Sen Men CE	
				U20 Men CE	
30		13:00	Long Jump	U13 Girls CE Pool 1	In
				U13 Girls CE Pool 2	Out
31		13:15	Shot Put	U17 Men CE	
32	13:15	Pole Vault	Mas Men CE	2m00	
33	13:45	High Jump	U15 Boys CE Pool 1	1m33	
			U15 Boys CE Pool 2	1m21	
34	14:00	Long Jump	U13 Boys CE	In	
36	15:15	High Jump	Sen Men CE	SH 1m56	
			U20 Men CE	SH 1m47	
			U17 Men CE		
37	15:15	Long Jump	Mas Men CE	In	
38	15:15	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 - Minimum 2 Heights in Warm Up					

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Straight Track				
Event No	Time	Event	Age Group	Round
39	10:00	60m Hurd	U17 Men CE	
40	10:10	60m Hurd	U20 Men CE	
41	10:20	60m Hurd	Sen Men CE	
42	10:25	60m Hurd	Sen/U20 Women CE	
43	11:00	60m Hurd	U17 Women CE	
44	11:45	60m Hurd	U15 Girls CE	
45	12:00	60m Hurd	Masters Men CE	
Circular Track				
Event No	Time	Event	Age	Round
46	12:30	3000m	Masters Men	
47	13:40	3000m	Masters Women	
48	14:10	400m	Women	Invite
49	14:15	400m	Men	Invite
50	14:30	1000m	U17 Men CE	
51	14:45	1000m	Masters Men CE	
52	15:00	800m	U17 Women CE	
53	15:45	800m	Sen Women CE	
			U20 Women CE	
54	16:00	800m	U15 Girls CE	
55	16:15	1000m	U20 Men CE	
56	16:25	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.				
Field				
Event No	Time	Event	Age Group	
57	10:00	High Jump	U15 Girls CE Pool 2	1m11
			U15 Girls CE Pool 1	1m23
58	10:00	Shot Put	U17 Women CE	
59	11:15	Pole Vault	U17 Men CE	2m17
60	11:15	High Jump	Sen Women CE	1m33
			U20 Women CE	1m27
61	11:45	Long Jump	U17 Women CE	Out
			U17 Women CE	Out
62	12:45	High Jump	Masters Men CE	1m11
63	13:00	Long Jump	U15 Girls CE Pool 1	In
			U15 Girls CE Pool 2	Out
64	13:00	Shot Put	Sen Women CE	
			U20 Women CE	
65	13:00	Pole Vault	Sen Men CE	3m07
			U20 Men CE	2m17
66	13:45	High Jump	U17 Women CE Pool 1	1m33
			U17 Women CE Pool 2	1m27
67	14:30	Shot Put	U15 Girls CE	
68	14:30	Long Jump	Sen Women CE	
			U20 Women CE	
All Shot competitions will be held in corner outside back straight. Horizontal Jumps & Shot Put - Minimum 2 Warm Ups High Jump - Minimum 2 Heights in Warm Up				