

This is a provisional timetable for entry purposes only a FINAL timetable will be published on 4th February 2022				
Straight Track				
Event No	Time	Event	Age Group	Round
	10:20	60m Hurdles	Masters Men	Final
	10:35	60m Hurdles	Masters Women	Final
	10:45	60m	Mast Men/Women/Para	1
	11:35	4 x 200m Relay	U13 Boys	Final
	11:45	4 x 200m Relay	U13 Girls	Final
	11:55	400m	Mast Men/Women/Para	Final
	12:30	60m	Mast Men/Women/Para	Finals
LUNCH				
	13:10	800m	Mast Men/Women/Para	Final
	13:50	4 x 200m Relay	U17 Men	Final
	14:00	4 x 200m Relay	U17 Women	Final
	14:05	200m	Mast Men/Women/Para	Final
	14:55	4 x 200m Relay	U15 Boys	Final
	15:00	4 x 200m Relay	U15 Girls	Final
	15:05	1500m	Mast Men/Women/Para	Final
	15:45	200m	Mast Men/Women/Para	Finals
Straight Track will take precedence over Circular Track				
All heat lists will be displayed ONLINE. Please check for report time.				
Field				
Event No	Time	Event	Age Group	
	10:30	Shot Put	Masters Men / Para	
	10:30	Triple Jump	Masters Women	
	11:50	Shot Put	Masters Women / Para	
	11:50	Pole Vault	Masters Men / Women	
	11:50	Long Jump	Masters Men / Women	
	13:30	High Jump	Masters Men / Para	2 pools
	14:00	Long Jump	Masters Women / Para	
	15:00	Triple Jump	Masters Men	
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				