

Sunday 10th February 2013

Track

Event No	Time	Event	Age
T01	9.45	60m Hurd	Sen/U20M CE
T02	10.00	60m Hurd	U18M CE
T03	10.05	60m Hurd	Vet MCE
T04	10.15	3000m	Masters - W
T05	10.25	60m Hurd	S/U20/Mast W CE
T06	10.35	60m Hurd	Master - M/W
T07	10.50	60m Hurd	U18W CE
T08	11.05	3000m	Masters - M
T09	11.45	400m	Masters - M/W
T10	11.30	60m Hurd	U16G CE
T11	11.50	60m	Masters - M/W
T12	12.15	800m	Masters - M/W
		LUNCH	
T13	13.15	4 x 200m Relay	U14G
T14	13.35	4 x 200m Relay	U14B
T15	13.55	4 x 200m Relay	U18G
T16	14.10	4 x 200m Relay	U18B
T17	14.20	4 x 200m Relay	SM
T18	14.30	4 x 200m Relay	SW
T19	14.45	200m	Masters - M/W
T20	15.10	1000m	Vet M CE
T21	15.25	4 x 200m Relay	U14G
T22	15.30	4 x 200m Relay	U14B
T23	15.35	4 x 200m Relay	U18G
T24	15.40	4 x 200m Relay	U18B
T25	15.45	4 x 200m Relay	SM
T26	15.50	4 x 200m Relay	SW
T27	15.55	1000m	Sen/U20/18M CE
T28	16.10	800m	U18W CE
T29	16.25	1500m	Masters - W/M60+
T30	16.35	800m	S/U20/Vet W CE
T31	16.55	800m	U16G CE
T32	17.15	1500m	Masters - M

		Field	
Event No	Time	Event	Age
F01	10.00	Shot Putt	U18W CE
F02	10.00	High Jump	U16G CE
F03	10.00	Long Jump	Masters - M/W
F04	11.15	High Jump	S/U20/Vet W CE
F05	11.45	Long Jump	U18W CE
F06	13.00	Long Jump	U16G CE
F07	13.00	Shot Putt	Masters - W
F08	13.00	Shot Putt	S/U20/Vet W CE
F09	13.30	Pole Vault	S/U20/18/vet M CE
F10	14.00	Shot Putt	Masters - M
F11	14.00	High Jump	U18W
F12	15.00	Pole Vault	Masters - M/W
F13	15.00	Long Jump	S/U20/Vet W CE
F14	15.15	High Jump	Masters - M/W
F15	15.30	Shot Putt	U16G CE
F16	16.00	Triple Jump	Masters - M/W

Warm ups for HJ, LJ, TJ, SP - 2 attempts