

This is a PROVISIONAL timetable for entry purposes only, a FINAL timetable will be published on Friday 25th January

Straight Track				
Event No	Time	Event	Age Group	Round
	10.00	60m	U13 Boys	1
	10.20	60m	U13 Girls	1
	10.40	60m Hurdles	U20 Men	1
	10.50	60m Hurdles	U20 Women	1
	11.00	60m Hurdles	U13 Boys	1
	11.10	60m Hurdles	U13 Girls	1
	11.30	60m	U13 Boys	Semi Final
	11.40	60m	U13 Girls	Semi Final
	11.55	60m Hurdles	U20 Men	Final
	12.00	60m Hurdles	U20 Women	Final
	12.05	60m Hurdles	U13 Boys	Final
	12.10	60m Hurdles	U13 Girls	Final
	12.30	60m	U13 Boys	Final
	12.35	60m	U13 Girls	Final

Straight Track will take precedence over Circular Track

Circular Track				
Event No	Time	Event	Age Group	Round
	11.57	1500m	U20 Women	1
	12.14	1500m	U20 Men	1
	12.31	200m	U20 Men	1
	12.47	200m	U20 Women	1
	13.14	200m	U13 Boys	1
	13.43	200m	U13 Girls	1
	14.15	400m	U20 Women	1
	14.27	400m	U20 Men	1
	14.50	800m	U13 Girls	Timed Finals
	15.04	800m	U13 Boys	Timed Finals
	15.20	200m	U20 Men	Semi Final
	15.28	200m	U20 Women	Semi Final
	15.36	200m	U13 Boys	Semi Final
	15.48	200m	U13 Girls	Semi Final
	16.00	1500m	U13 Girls	Timed Finals
	16.15	1500m	U13 Boys	Timed Finals
	16.30	1500m	U20 Women	Final
	16.38	1500m	U20 Men	Final
	16.46	400m	U20 Women	Semi Final
	16.50	400m	U20 Men	Semi Final
	17.00	200m	U20 Men	Final
	17.04	200m	U20 Women	Final
	17.08	200m	U13 Boys	Final
	17.12	200m	U13 Girls	Final

All heat lists will be displayed at warm up area. Please check for report time.

Field					
Event No	Time	Event	Age Group	Round	Info
	10.00	Long Jump	U20 Women	Final	
	10.05	Shot Put	U13 Girls	Final	
	11.15	Pole Vault	U20 Women	Final	2m28
	11.30	Shot Put	U13 Boys	Final	
	11.40	Long Jump	U20 Men	Final	
	13.15	High Jump	U13 Boys	Final	1m13
	13.15	Pole Vault	U20 Men	Final	2m68
	13.30	Long Jump	U13 Girls	Final	Pool 1 In
					Pool 2 Out
	15.00	High Jump	U13 Girls	Final	1m13
	15.30	Long Jump	U13 Boys	Final	Pool 1 In
					Pool 2 out
	15.40	Shot Put	U20 Women	Final	

All Shot competitions will be held in corner outside back straight
Horizontal Jumps & Shot Put - Minimum 2 warm up attempts
3 attempts in competition, top 8 advance for an additional 3 attempts
High Jump - 2 Heights in Warm Up only

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Straight Track				
Event No	Time	Event	Age Group	Round
	10.00	60m Hurdles	U15 Boys	1
	10.10	60m Hurdles	U15 Girls	1
	10.30	60m	U15 Girls	1
	10.58	60m	U15 Boys	1
	11.18	60m	U20 Women	1
	11.34	60m	U20 Men	1
	11.53	60m Hurdles	U15 Boys	Semi Final
	12.03	60m Hurdles	U15 Girls	Semi Final
	12.15	60m	U15 Girls	Semi Final
	12.31	60m	U15 Boys	Semi Final
	12.43	60m	U20 Women	Semi Final
	12.51	60m	U20 Men	Semi Final
	13.15	60m Hurdles	U15 Boys	Final
	13.20	60m Hurdles	U15 Girls	Final
	13.25	60m	U15 Girls	Final
	13.29	60m	U15 Boys	Final
	13.35	60m	U20 Women	Final
	13.40	60m	U20 Men	Final
Straight Track will take precedence over Circular Track				
Circular Track				
Event No	Time	Event	Age Group	Round
	11.50	400m	U20 Women	Final
	11.55	400m	U20 Men	Final
	12.00	300m	U15 Girls	1
	12.25	300m	U15 Boys	1
	12.35	1500m	U15 Girls	1
	12.50	1500m	U15 Boys	1
	13.05	800m	U15 Girls	1
	13.23	800m	U15 Boys	1
	13.38	800m	U20 Women	1
	13.46	800m	U20 Men	1
	14.05	300m	U15 Girls	Semi Final
	14.15	300m	U15 Boys	Final
	14.20	200m	U15 Girls	1
	15.00	200m	U15 Boys	1
	15.30	800m	U15 Girls	B Final
	15.35	800m	U15 Girls	A Final
	15.40	800m	U15 Boys	B Final
	15.45	800m	U15 Boys	A Final
	15.50	800m	U20 Women	Final
	15.55	800m	U20 Men	Final
	16.00	300m	U15 Girls	Final
	16.05	200m	U15 Girls	Semi Final
	16.20	200m	U15 Boys	Semi Final
	16.30	1500m	U15 Girls	Final
	16.40	1500m	U15 Boys	Final
	17.10	200m	U15 Girls	Final
	17.15	200m	U15 Boys	Final
All heat lists will be displayed at warm up area. Please check for report time.				

Field					
Event No	Time	Event	Age	Round	Info
	9.55	High Jump	U20 Women	Final	1m43
	10.00	Long Jump	U15 Girls	Final	
	10.10	Shot Put	U20 Men	Final	
	11.30	Shot Put	U15 Girls	Final	
	11.45	Pole Vault	U15 Boys	Final	2m04
	11.45	Pole Vault	U15 Girls	Final	1m84
	12.30	Triple Jump	U15 Boys	Final	7m/9m
	12.30	Triple Jump	U15 Girls	Final	Max 22m RUUp
	13.10	High Jump	U15 Boys	Final	1m28
	13.45	Triple Jump	U20 Men	Final	11m/13m
	14.00	High Jump	U20 Men	Final	1m68
	14.45	Shot Put	U15 Boys	Final	
	15.15	Triple Jump	U20 Women	Final	9m/11m
	15.15	Long Jump	U15 Boys	Final	Out
	15.30	High Jump	U15 Girls	Final	1m23

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Horizontal Jumps & Shot Put - Minimum 2 Warm Up attempts
3 attempts in competition, top 8 advance for an additional 3 attempts
High Jump - 2 Heights in Warm Up only