

This is a PROVISIONAL timetable for entry purposes only, a final timetable will be issued on Friday 21st February.

Straight Track

Event No	Time	Event	Age Group	Round
	10.00	60m	U13 Boys	1
	10.20	60m	U13 Girls	1
	10.50	60m Hurdles	U20 Men	1
		60m Hurdles	U20 Women	1
		60m Hurdles	U13 Boys	1
		60m Hurdles	U13 Girls	1
	11.20	60m	U13 Boys	Semi Final
	11.35	60m	U13 Girls	Semi Final
	11.50	60m Hurdles	U20 Men	Final
	11.55	60m Hurdles	U20 Women	Final
	12.00	60m Hurdles	U13 Boys	Final
	12.05	60m Hurdles	U13 Girls	Final
	12.30	60m	U13 Boys	Final
	12.34	60m	U13 Girls	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 Group	Round
	12.07	1500m	U20 Women	1
		1500m	U20 Men	1
	12.36	200m	U20 Men	1
		200m	U20 Women	1
		200m	U13 Boys	1
		200m	U13 Girls	1
	14.15	400m	U20 Women	1
		400m	U20 Men	1
	14.45	800m	U13 Girls	Timed Finals
		800m	U13 Boys	Timed Finals
	15.20	200m	U20 Men	Semi Final
		200m	U20 Women	Semi Final
		200m	U13 Boys	Semi Final
		200m	U13 Girls	Semi Final
	16.00	1500m	U13 Girls	Timed Finals
		1500m	U13 Boys	Timed Finals
		1500m	U20 Women	Final
		1500m	U20 Men	Final
	16.50	400m	U20 Women	Semi Final
		400m	U20 Men	Semi Final
	17.05	200m	U20 Men	Final
		200m	U20 Women	Final
		200m	U13 Boys	Final
		200m	U13 Girls	Final

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Field				
Event No	Time	Event	Age Group	Info
	10.00	Long Jump	U20 Women	
	10.05	Shot Put	U13 Girls	
	10.15	High Jump	U13 Boys	SH 1m14
	11.30	Shot Put	U13 Boys	
	11.40	Long Jump	U20 Men	
	12.30	Pole Vault	U20 Women	SH 2m29
		Pole Vault	U20 Men	SH 3m19
	13.30	High Jump	U20 Women	SH 1m39
	13.30	Long Jump	U13 Girls	Pool 1 IN
		Long Jump	U13 Girls	Pool 2 OUT
	15.00	High Jump	U13 Girls	SH 1m14 60m F
	15.30	Long Jump	U13 Boys	
	15.40	Shot Put	U20 Women	

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

Provisional

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Straight Track				
Event No	Time	Event	Age Group	Round
	10.00	60m Hurdles	U15 Girls	1
	10.20	60m	U15 Boys	1
		60m	U20 Men	1
		60m	U15 Girls	1
		60m	U20 Women	1
	11.45	60m Hurdles	U15 Boys	1
		60m Hurdles	U15 Girls	Semi Final
	12.10	60m	U20 Men	Semi Final
		60m	U15 Boys	Semi Final
		60m	U15 Girls	Semi Final
		60m	U20 Women	Semi Final
	12.55	60m Hurdles	U15 Boys	Final
		60m Hurdles	U15 Girls	Final
	13.20	60m	U20 Men	Final
		60m	U15 Boys	Final
		60m	U15 Girls	Final
		60m	U20 Women	Final

Straight Track will take precedence over Circular Track

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If heats are not required FINALS will go at HEAT time.

Circular Track				
Event No	Time	Event	Age Group	Round
	11.50	400m	U20 Women	Final
		400m	U20 Men	Final
	12.00	300m	U15 Girls	1
		300m	U15 Boys	1
	12.35	1500m	U15 Girls	1
		1500m	U15 Boys	1
	13.05	800m	U15 Girls	1
		800m	U15 Boys	1
		800m	U20 Women	1
		800m	U20 Men	1
	14.00	200m	U15 Girls	1
		200m	U15 Boys	1
	15.05	300m	U15 Girls	Semi Final
		300m	U15 Boys	Semi Final
	15.15	800m	U15 Girls	Final
		800m	U15 Boys	Final
		800m	U20 Women	Final
		800m	U20 Men	Final
	15.45	200m	U15 Girls	Semi Final
		200m	U15 Boys	Semi Final
	16.10	1500m	U15 Girls	Final
		1500m	U15 Boys	Final
	16.25	300m	U15 Girls	Final
		300m	U15 Boys	Final
	16.50	200m	U15 Girls	Final
		200m	U15 Boys	Final

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Field				
Event No	Time	Event	Age	Info
	10.00	High Jump	U15 Boys	SH 1m29
	10.00	Long Jump	U15 Girls	Pool 1 IN
		Long Jump	U15 Girls	Pool 2 OUT
	10.10	Shot Put	U20 Men	
	11.30	Shot Put	U15 Girls	
	11.45	Triple Jump	U15 Boys	22m Run Up 7m/9m
		Triple Jump	U15 Girls	
	12.00	Pole Vault	U15 Boys / Girls	
	13.00	Triple Jump	U20 Men	11m/13m
	14.00	Triple Jump	U20 Women	9m/11m
	14.15	High Jump	U20 Men	SH 1m68 60m F
	14.45	Shot Put	U15 Boys	
	15.15	Long Jump	U15 Boys	
	15.45	High Jump Pool 1	U15 Girls	60mF
		High Jump Pool 2	U15 Girls	SH 1m23 60m S

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

