

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on 27th January 2023

Straight Track				
Event No	Time	Event	Age Group	Round
	10:00	60m	Men	1
	10:16	60m	U17 Women	1
	10:35	60m	U17 Men	1
	10:52	60m	Women	1
	11:15	60m Hurdles	U17 Women	1
	11:20	60m Hurdles	Women	1
	11:35	60m Hurdles	U17 Men	1
	12:40	60m Hurdles	Men	1
	12:00	60m	Men	Semi Final
	12:10	60m	U17 Women	Semi Final
	12:20	60m	U17 Men	Semi Final
	12:30	60m	Women	Semi Final
	12:40	60m Hurdles	U17 Women	Final
	12:45	60m Hurdles	Women	Final
	12:50	60m Hurdles	U17 Men	Final
	12:55	60m Hurdles	Men	Final
	13:00	60m	Men	Final
	13:04	60m	U17 Women	Final
	13:08	60m	U17 Men	Final
	13:11	60m	Women	Final
Straight Track will take precedence over Circular Track If heats are not required FINALS will go at FINAL time.				
Circular Track				
Event No	Time	Event	Age Group	Round
	11:00	300m	U17 Women	1
	11:16	400m	Sen Men	1
	11:32	400m	Sen Women	1
	11:48	400m	U17 Men	1
	12:04	800m	U17 Women	1
	12:14	800m	U17 Men	1
	12:24	800m	Sen Women	1
	12:34	800m	Sen Men	1
	12:44	1500m	U17 Women	1
	12:58	1500m	U17 Men	1
	13:14	1500m	Sen Women	1
	13:28	1500m	Sen Men	1
	13:42	200m	U17 Women	1
	14:02	200m	U17 Men	1
	14:22	200m	Sen Women	1
	14:42	200m	Sen Men	1
	15:02	300m	U17 Women	Final
	15:06	400m	U17 Men	Final
	15:10	400m	Sen Women	Final
	15:14	400m	Sen Men	Final
	15:18	200m	U17 Women	Semi Final
	15:30	200m	U17 Men	Semi Final
	15:42	200m	Sen Women	Semi Final
	15:54	200m	Sen Men	Semi Final
	16:04	800m	U17 Women	Final
	16:08	800m	U17 Men	Final
	16:12	800m	Sen Women	Final
	16:16	800m	Sen Men	Final
	16:20	1500m	U17 Women	Final
	16:27	1500m	U17 Men	Final
	16:34	1500m	Sen Women	Final
	16:41	1500m	Sen Men	Final
	16:48	200m	U17 Women	Final
	16:52	200m	U17 Men	Final
	16:56	200m	Sen Women	Final
	17:00	200m	Sen Women	Final
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at FINAL time.				

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Field						
Event No	Time	Event	Age Group	Round	Area	
	10:00	Long Jump	U17 Women	Final		4m60+
	10:15	Shot Put	U17 Men	Final		
	10:45	Pole Vault	U17 Women	Final		SH 2m14
		Pole Vault	Sen Women	Final		SH 2m14
	11:15	Long Jump	Sen Women	Final		
	11:40	Shot Put	U17 Women	Final		
	12:30	Long Jump	U17 Men	Final		5m35+
	13:00	Shot Put	Sen Men	Final		
	13:25	Pole Vault	Sen Men	Final		SH 3m94
		Pole Vault	U17 Men	Final		SH 2m69
	13:45	Long Jump	Sen Men	Final		
	14:30	High Jump	U17 Men	Final	60St	SH 1m44
		High Jump	Sen Men	Final	60F	SH 1m74
	15:00	Triple Jump	U17 Women	Final		7m/9m
			Sen Women	Final		9m/11m
	15:55	Shot Put	Sen Women	Final		
	16:00	High Jump	U17 Women	Final	60St	SH 1m34
	16:00	High Jump	Sen Women	Final	60F	SH 1m44
	16:30	Triple Jump	U17 Men	Final		9m/11m
			Sen Men	Final		11m/13m

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 additional 3 attempts
High Jump - Minimum 2 Heights in Warm Up
PV U17/SW 2m14 - 2m34 - 2m54 - 2m74 - 2m89 - 3m04 then 10cms
PV U17M 2m69 - 2m89 - 3m09 - 3m29 - 3m44 - 3m59 then 10cms
PV SM 3m94 - 4m14 - 4m34 - 4m54 - 4m69 - 4m84 then 10cms