

This is a draft timetable for entry purposes only, a FINAL timetable will be published on Monday 5th January

Straight Track

Event No	Time	Event	Age/Open	Band/Heats	
	10:00	60m Hurdles	Sen / U20 Men	A	2
	10:10	60m Hurdles	U18 Men	A	2
	10:20	60m Hurdles	Sen / U20 Wom	A	2
	10:30	60m Hurdles	U16 Boys	A	2
	10:40	60m Hurdles	U18 Women	A	2
	10:50	60m Hurdles	U16 Girls / U14 Boys	A	2
	11:00	60m Hurdles	U14 Girls	A	2
	11:20	60m	OPEN	A	1 to 3
	11:32	60m		B	4 to 6
	11:44	60m		C	7 to 9
	11:56	60m		D	10 to 12
	12:08	60m		E	13 to 15
	12:20	60m		F	16 to 18
	12:32	60m		G	19 to 21
	12:44	60m		H	22 to 24
	12:52	60m		I	25 to 27
	13:04	60m		J	28 to 31

Straight Track will take precedence over Circular Track

Circular Track

Event No	Time	Event	Age/Open	Band/Heats	
	10:00	800m	OPEN	A	1 to 3
	10:15	800m		B	4 to 6
	10:30	800m		C	7 to 9
	10:45	800m		D	10 to 12
	11:00	800m		E	13 to 15
	11:15	800m		F	16 to 18
	11:30	400m	OPEN	A	1 to 3
	11:45	400m		B	4 to 6
	12:00	400m		C	7 to 9
	12:15	400m		D	10 to 12
	12:30	400m		E	13 to 15
	12:45	400m		F	16 to 18
	13:00	300m	U16 Girls / Boys	A	1 to 3
	13:15	300m	U16 Girls / Boys	B	4 to 6
	13:30	1500m	OPEN	A	1 to 3
	13:51	1500m		B	4 to 6
	14:12	1500m		C	7 to 8
	14:26	200m	OPEN	A	1 to 4
	14:42	200m		B	5 to 8
	14:58	200m		C	9 to 12
	15:14	200m		D	13 to 16
	15:30	200m		E	17 to 20
	15:46	200m		F	21 to 24
	16:02	200m		G	25 to 28
	16:18	200m		H	29 to 32
	16:34	200m		I	33 to 36
	16:50	200m		J	37 to 40
	17:06	200m		K	41 to 44
	17:24	200m		L	45 to 48

All heat lists will be displayed ONLINE. Please check for report time.

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Field					
Event No	Time	Event	Pool	Area	Info
	10:00	Long Jump	Pool 4	In	
	10:00	Triple Jump	Pool 2	Out	7m/11m/13m
	10:00	Shot Put	Pool 2		
	11:00	Pole Vault	Pool 2		St Ht 1m93
	11:30	Triple Jump	Pool 1	In	9m
	11:30	Shot Put	Pool 1		
	11:30	Long Jump	Pool 6	Out	2m Board
	13:00	Long Jump	Pool 2	In	
	13:00	Shot Put	Pool 3		
	14:00	High Jump	Pool 1	60F	St Ht 1m52
	14:00	High Jump	Pool 4	60St	St Ht 1m04
	14:30	Pole Vault	Pool 1		St Ht 2m83
	14:30	Long Jump	Pool 3	In	
	14:30	Shot Put	Pool 4		
	16:00	Long Jump	Pool 1	In	
	16:00	Long Jump	Pool 5	Out	2m Board
	16:00	High Jump	Pool 3	60St	St Ht 1m22
	16:00	High Jump	Pool 2	60F	St Ht 1m37

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - 2 warm up attempts

Horizontal Jumps & Shot Put - 3 attempts in competition only*

*Long Jump Pool 3 and 1, Shot Put Pool 3 and 4 the top 6 athletes will receive an additional 3 trials