

This is a draft timetable for entry purposes only, a FINAL timetable will be published on Friday  
30th January

**Straight Track**

Event No	Time	Event	Age Group	Round
	10:00	60m Hurdles	Masters Men All	Finals
	10:10	60m Hurdles	Masters Women All	Finals
	10:20	60m	Masters Men	Heats
		60m	Para Men / Para Women	Finals
	10:50	60m	Masters Men	Finals
	11:10	60m	Masters Women	Finals
	11:26	60m	Master Men	Finals

**Circular Track**

	11:30	400m	Masters Men	Heats
		400m	Masters Men	Finals
		400m	Masters Men / Para Men	Finals
		400m	Masters Men	Finals
		400m	Masters Wom	Finals
	12:05	4 x 200m Relay	U14 Boys	1
	12:20	4 x 200m Relay	U14 Girls	1
	12:45	400m	Masters Men	Finals
	12:50	800m	Masters Men / Para Men	Finals
		800m	Masters Women	Finals
	13:20	4 x 200m Relay	U16 Boys	1
	13:35	4 x 200m Relay	U16 Girls	1
	14:00	200m	Masters Men	Heats
	14:36	200m	Masters Men	Finals
		200m	Para Men	Finals
		200m	Masters Men	Finals
	14:56	200m	Masters Women	Finals
		200m	Para Women	Finals
	15:15	4 x 200m Relay	U14 Boys	Final
	15:20	4 x 200m Relay	U14 Girls	Final
	15:25	4 x 200m Relay	U16 Boys	Final
	15:30	4 x 200m Relay	U16 Girls	Final
	15:35	1500m	Masters Men	Finals
	15:59	1500m	Masters Women	Finals
	16:15	200m	Masters Men	Finals

**Straight Track will take precedence over Circular Track**

If heats are not required finals will go at HEAT time

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

**Field**

Event No	Time	Event	Age Group	
	11:00	Shot Put	Masters Men M35-M60	
	11:00	Long Jump	Masters Women	
	12:15	Shot Put	Masters Men 65>85 / Para Men	
	12:15	Long Jump	Masters Men	
	12:15	Pole Vault	Masters Men / Women	SH 1m77
	13:00	High Jump	Masters Men / Women	SH 1m07
	13:00	High Jump	Masters Men / Women	SH 1m07
	13:00	Shot Put	Mas Wom	
	14:30	Shot Put	Seated	
	14:30	Triple Jump	Masters Men / Women	

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

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts. Para athletes will receive 6 trials.

High Jump - 2 Heights in Warm Up Only