

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				