

This is a DRAFT timetable for entry purposes only, a final timetable will be published on Friday 20th February

Track

Event No	Time	Event	Age Group	Round
	10:00	60m	Sen Men CE	
	10:08	60m	U20 Men CE	
	10:12	60m	U18 Men CE	
	10:20	60m	Mas Men CE	
	11:00	60m Hurdles	U16 Boys CE	
	11:10	60m Hurdles	U14 Boys CE	
	11:35	60m Hurdles	U14 Girls CE	
	12:00	4 x 200m Relay	U18 Women	1
	12:15	4 x 200m Relay	U18 Men	1
	12:30	4 x 200m Relay	Sen Women	1
	12:45	4 x 200m Relay	Sen Men	1
	14:15	4 x 200m Relay	U18 Women	Final
	14:20	4 x 200m Relay	U18 Men	Final
	14:25	4 x 200m Relay	Sen Women	Final
	14:30	4 x 200m Relay	Sen Men	Final
	15:15	800m	U14 Boys CE	
	15:30	800m	U14 Girls CE	
	16:00	800m	U16 Boys CE	

All heat lists will be displayed ONLINE. Please check for report time.
 If heats are not required FINALS will go at HEAT time.

Field

Event No	Time	Event	Age Group	
	10:00	High Jump	U14 Girls CE Pool 1	1m13
			U14 Girls CE Pool 2	1m04
	10:00	Shot Put	U14 Boys CE	
	10:00	Long Jump	U16 Boys CE	In
	11:00	Shot Put	U18/Mas Men CE	
	11:00	Long Jump	Sen/U20 Men CE Pool 2	In
	11:45	Long Jump	Sen/U20 Men CE Pool 1	In
	12:30	Shot Put	Sen/U20 Men CE Pool 2	
	12:30	High Jump	U16 Boys CE	1m19
			U14 Boys CE	1m04
	13:00	Long Jump	U14 Girls CE Pool 1	In
			U14 Girls CE Pool 2	Out
	13:15	Pole Vault	U18/Mas Men CE Pool 2	SH 2m09
			U18/Mas Men CE Pool 1	SH 2m49
	13:15	Shot Put	Sen/U20 Men CE Pool 1	
	14:00	Long Jump	U14 Boys CE Pool 1	In
			U14 Boys CE Pool 2	Out
	14:30	Shot Put	U14 Girls CE	
	14:45	High Jump	Sen/U20 Men CE Pool 2	SH 1m55
			Sen/U20 Men CE Pool 1	SH 1m84
	15:15	Long Jump	U18/Mas Men CE	In
	15:15	Shot Put	U16 Boys CE	

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

All Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition

High Jump - Minimum 2 Heights in Warm Up

Straight Track						
Event No	Time	Event	Age Group	Round		
	10:00	60m Hurd	Sen / U20 Men CE			
	10:20	60m Hurd	U18 Men CE			
	10:25	60m Hurd	Sen / U20 Women CE			
	10:40	60m Hurd	Masters Men CE			
	11:30	60m Hurd	U18 Women CE			
	11:40	60m Hurd	U16 Girls CE			
Circular Track						
Event No	Time	Event	Age	Round		
	13:30	3000m	Masters M35 / M50			
	13:50	3000m	Mas Women			
	14:10	3000m	Masters Men			
	15:15	1000m	U20 Men CE			
	15:25	1000m	Sen Men CE			
	15:40	1000m	Masters Men CE			
	15:50	1000m	U18 Men CE			
	16:00	800m	U18 Women CE			
	16:10	800m	Sen Women CE			
			U20 Women CE			
	16:40	800m	U16 Girls CE			
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.						
Field						
Event No	Time	Event	Age Group	Info		
	10:00	High Jump	U16 Girls CE Pool 2	SH 1m11		
			U16 Girls CE Pool 1	SH 1m17		
	10:00	Shot Put	U18 Women CE Pool 1			
			U18 Women CE Pool 2			
	11:15	Pole Vault	Sen / U20 Men CE Pool 1	SH 3m97		
			Sen / U20 Men CE Pool 2	SH 2m17		
	11:30	High Jump	Sen/U20 Women CE Pool 1	SH 1m33		
			Sen/U20 Women CE Pool 2	SH 1m27		
	12:30	Long Jump	U18 Women CE Pool 1	In		
			U18 Women CE Pool 2	Out		
	13:00	High Jump	Masters/U18 Men CE Pool 2	SH 1m12		
			Masters/U18 Men CE Pool 1	SH 1m42		
	13:15	Long Jump	U16 Girls CE Pool 1	In		
			U16 Girls CE Pool 2	Out		
	13:15	Shot Put	Sen Wom CE Pool 1			
			U20 Wom CE Pool 2			
	14:15	High Jump	U18 Women CE Pool 1	SH 1m30		
			U18 Women CE Pool 2	SH 1m18		
	14:15	Long Jump	Sen Women CE Pool 1	Pool 1 in		
	14:45	Long Jump	U20 Wom CE Pool 2	Pool 2 out		
	15:00	Shot Put	U16 Girls CE Pool 2			
			U16 Girls CE Pool 1			
All Shot competitions will be held in corner outside back straight.						
Horizontal Jumps & Shot Put - 2 Warm Ups						
3 Attempts in Competition						
High Jump - 2 Heights in Warm Up Only						