

All athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.				
Track				
Event No	Time	Event	Age Group	Round
1	10:00	60m	U17 Men CE	
2	10:08	60m	U20 Men CE	
3	10:12	60m	Sen Men CE	
4	10:20	60m	Mas Men CE	
5	10:50	60m Hurdles	U13 Boys CE	
6	11:10	60m Hurdles	U15 Boys CE	
7	11:35	60m Hurdles	U13 Girls CE	
8	11:55	4 x 200m Relay	Sen Women	1
9	12:10	4 x 200m Relay	Sen Men	1
10	12:25	4 x 200m Relay	U15 Girls	1
11	12:50	4 x 200m Relay	U17 Women	1
12	13:45	4 x 200m Relay	U13 Girls	1
13	14:00	4 x 200m Relay	U13 Boys	1
14	14:15	4 x 200m Relay	U15 Boys	1
15	14:30	4 x 200m Relay	U17 Men	1
16	14:45	4 x 200m Relay	Sen Women	Final
17	14:50	4 x 200m Relay	Sen Men	Final
18	14:55	4 x 200m Relay	U15 Girls	Semi final
19	15:05	4 x 200m Relay	U17 Women	Semi final
20	15:15	800m	U13 Boys CE	
21	15:30	800m	U13 Girls CE	
22	16:00	800m	U15 Boys CE	
All heat lists will be displayed ONLINE. Please check for report time. U13 / U15 / U17 Relay Finals will be held on Sunday 12th February If Senior heats or not required Finals will be run at heat time.				
Field				
Event No	Time	Event	Age Group	
23	10:00	High Jump	U13 Girls CE Pool 1	1m13
			U13 Girls CE Pool 2	1m04
24	10:00	Shot Put	U13 Boys CE	
25	10:00	Long Jump	U15 Boys CE	in
26	11:00	Shot Put	Mas Men CE	
27	11:00	Long Jump	Sen/U20/U17 Men CE	In
27	11:45	Long Jump	Sen/U20/U17 Men CE	In
28	12:30	High Jump	U13 Boys CE	1m04
29	12:30	Shot Put	Sen/U20/U17 Men CE	
30	13:00	Long Jump	U13 Girls CE Pool 1	In
			U13 Girls CE Pool 2	Out
31	13:15	Pole Vault	Mas Men CE	SH 2m00
29	13:30	Shot Put	Sen/U20/U17 Men CE	
32	13:45	High Jump	U15 Boys CE	SH 1m21
33	13:45	High Jump	Sen/U20/U17 Men CE	SH 1m37
34	14:00	Long Jump	U13 Boys CE	In
35	14:30	Shot Put	U13 Girls CE	
33	15:15	High Jump	Sen/U20/U17 Men CE	SH 1m59
				SH 1m59
36	15:15	Long Jump	Mas Men CE	In
37	15:15	Shot Put	U15 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				



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Straight Track				
Event No	Time	Event	Age Group	Round
38	10:00	60m Hurd	U20 Men CE	
39	10:05	60m Hurd	U17 Men CE	
40	10:15	60m Hurd	Sen/U20 Women CE	
41	11:00	60m Hurd	U17 Women CE	
38	11:30	60m Hurd	U20 Men CE	
42	11:35	60m Hurd	Sen Men CE	
43	11:45	60m Hurd	U15 Girls CE	
44	12:05	60m Hurd	Masters Men CE	
Circular Track				
Event No	Time	Event	Age	Round
45	12:45	3000m	Mas Women	
46	13:00	3000m	Mas Men	
47	15:15	1000m	U17 Men CE	
48	15:25	1000m	U20 Men CE	
49	15:40	1000m	Masters Men CE	
50	15:50	800m	U17 Women CE	
51	16:00	800m	Sen/U20 Women CE	
52	16:10	800m	U15 Girls CE	
48	16:15	1000m	U20 Men CE	
53	16:25	1000m	Sen Men CE	
Straight Track will take precedence over Circular Track All heat lists will be displayed at warm up area. Please check for report time.				
Field				
Event No	Time	Event	Age Group	
54	10:00	High Jump	U15 Girls CE Pool 2	SH 1m11
			U15 Girls CE Pool 1	SH 1m23
55	10:00	Shot Put	U17 Women CE Pool 1	
	10:45	Shot Put	U17 Women CE Pool 2	
56	11:30	Pole Vault	Sen/U20/U17 Men CE	SH 2m17
57	11:30	High Jump	Sen/U20 Women CE	SH 1m39
				SH 1m24
58	11:45	Long Jump	U17 Women CE Pool 1	In
			U17 Women CE Pool 2	Out
59	13:00	High Jump	Masters Men CE	SH 1m12
60	13:00	Long Jump	U15 Girls CE Pool 1	In
			U15 Girls CE Pool 2	Out
56	13:15	Pole Vault	Sen/U20/U17 Men CE	SH 3m07
61	13:15	Shot Put	Sen/U20 Women CE	
62	14:15	High Jump	U17 Women CE Pool 1	SH 1m33
			U17 Women CE Pool 2	SH 1m27
63	14:30	Shot Put	U15 Girls CE Pool 2	
64	14:30	Long Jump	Sen U20 Women CE Pool 1	In
			Sen U20 Women CE Pool 2	Out
63	15:15	Shot Put	U15 Girls CE Pool 1	
All Shot competitions will be held in corner outside back straight. Horizontal Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition High Jump - 2 Heights in Warm Up Only				