

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on 10th February 2023

### Straight Track

Event No	Time	Event	Age Group	Round
	10:00	60m	U15 Girls	1
	10:20	60m	U15 Boys	1
	10:32	60m	U20 Women	1
	10:52	60m	U20 Men	1
	11:20	60m Hurdles	U15 Girls	1
	11:30	60m Hurdles	U15 Boys	1
	11:45	60m	U15 Girls	Semi Final
	11:58	60m	U15 Boys	Semi Final
	12:06	60m	U20 Women	Semi Final
	12:18	60m	U20 Men	Semi Final
	12:35	60m Hurdles	U15 Girls	Final
	12:40	60m Hurdles	U15 Boys	Final
	12:45	60m	U15 Girls	Final
	12:49	60m	U15 Boys	Final
	12:53	60m	U20 Women	Final
	12:57	60m	U20 Men	Final

### Circular Track

Event No	Time	Event	Age Group	Round
	12:42	1500m	U15 Girls	1
	12:58	1500m	U15 Boys	1
	13:15	800m	U15 Girls	1
	13:27	800m	U15 Boys	1
	13:39	800m	U20 Women	1
	13:51	800m	U20 Men	1
	14:10	200m	U15 Girls	1
	14:30	200m	U15 Boys	1
	14:50	300m	U15 Girls	1
	15:05	300m	U15 Boys	1
	15:15	800m	U15 Girls	Final
	15:19	800m	U15 Boys	Final
	15:23	800m	U20 Women	Final
	15:27	800m	U20 Men	Final
	15:31	200m	U15 Boys	Semi Final
	15:43	200m	U15 Girls	Semi Final
	15:55	1500m	U15 Girls	Final
	16:03	1500m	U15 Boys	Final
	16:11	300m	U15 Girls	Final
	16:15	300m	U15 Boys	Final
	16:20	200m	U15 Boys	Final
	16:24	200m	U15 Girls	Final

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

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

If heats are not required FINALS will go at HEAT time.



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Field				
Event No	Time	Event	Age	Info
	10:00	High Jump	U15 Boys	SH 1m27
	10:00	Long Jump	U15 Girls	4m60+
	10:00	Shot Put	U20 Women	
	11:30	Shot Put	U15 Girls	
	11:30	Triple Jump	U20 Men	11m/13m
	12:00	Pole Vault	U15 Boys	SH 2m02
		Pole Vault	U15 Girls	SH 2m02
	12:45	Triple Jump	U15 Boys	7m/9m
		Triple Jump	U15 Girls	
	13:40	High Jump	U20 Men	SH 1m68
	14:00	Triple Jump	U20 Women	9m/11m
	14:00	Shot Put	U15 Boys	
	15:15	Long Jump	U15 Boys	5m00+
	15:15	High Jump Pool 1	U15 Girls	SH 1m32
		High Jump Pool 2	U15 Girls	SH 1m22

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

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - Minimum 2 Heights in Warm Up Only

PV U15 2m02 - 2m22 - 2m42 - 2m62 - 2m77 - 2m92 then 10cms

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**Straight Track**

Event No	Time	Event	Age Group	Round
	10:00	60m	U13 Girls	1
	10:20	60m	U13 Boys	1
	10:45	60m Hurdles	U13 Girls	1
	10:55	60m Hurdles	U13 Boys	1
	11:05	60m Hurdles	U20 Women	1
	11:15	60m Hurdles	U20 Men	1
	11:30	60m	U13 Boys	Semi Final
	11:42	60m	U13 Girls	Semi Final
	12:00	60m Hurdles	U13 Girls	Final
	12:05	60m Hurdles	U13 Boys	Final
	12:10	60m Hurdles	U20 Women	Final
	12:15	60m Hurdles	U20 Men	Final
	12:20	60m	U13 Girls	Final
	12:24	60m	U13 Boys	Final

**Circular Track**

Event No	Time	Event	Age Group	Round
	12:55	1500m	U20 Women	1
	13:09	1500m	U20 Men	1
	13:23	200m	U20 Men	1
	13:43	200m	U20 Women	1
	14:03	200m	U13 Boys	1
	14:23	200m	U13 Girls	1
	14:43	400m	U20 Women	1
	14:55	400m	U20 Men	1
	15:07	800m	U13 Girls	Timed Finals
	15:19	800m	U13 Boys	Timed Finals
	15:31	200m	U20 Men	Semi Final
	15:43	200m	U20 Women	Semi Final
	15:55	200m	U13 Boys	Semi Final
	16:07	200m	U13 Girls	Semi Final
	16:19	1500m	U13 Girls	Timed Finals
	16:33	1500m	U13 Boys	Timed Finals
	16:47	1500m	U20 Women	Final
	16:54	1500m	U20 Men	Final
	17:01	400m	U20 Women	Final
	17:05	400m	U20 Men	Final
	17:09	200m	U20 Men	Final
	17:13	200m	U20 Women	Final
	17:17	200m	U13 Boys	Final
	17:21	200m	U13 Girls	Final

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Field				
Event No	Time	Event	Age Group	Info
	10:00	Long Jump	U20 Men	
	10:05	Shot Put	U13 Boys	
	10:15	High Jump	U13 Boys	SH 1m16
	11:30	Shot Put	U13 Girls	
	11:30	Long Jump	U20 Women	
	12:30	Pole Vault	U20 Women	SH 2m29
	13:30	High Jump	U20 Women	SH 1m39
	13:45	Long Jump	U13 Girls	4m05+
	14:30	Pole Vault	U20 Men	SH 3m16
	15:00	High Jump	U13 Girls	SH 1m23
	15:00	High Jump	U13 Girls	SH 1m13
	15:40	Long Jump	U13 Boys	4m20+
	15:40	Shot Put	U20 Men	

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

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - Minimum 2 Heights in Warm Up Only

PV U20W 2m29 - 2m49 - 2m69 - 2m89 - 3m04 - 3m19 then 10cms

PV U20M 3m16 - 3m36 - 3m56 - 3m76 - 3m91 - 4m06 then 10cms