

Athletes must declare their intention to compete at least 45 minutes before the start time of their pool/band.							
Friday 19th January 2024							
Field							
Event No	Declarations	Assembly	Event Start Time	Event	Pool	Info	
Warm Up Access from 1630hrs							
1	16:30-17:15	17:35	18:00	Long Jump	1		
2	16:30-17:15	17:20	18:00	High Jump	1	SH 1m03	
3	16:30-17:15	17:35	18:00	Shot Put	1		
4	17:45-18:30	18:50	19:15	Long Jump	2		
5	17:45-18:30	18:50	19:15	Shot Put	2		
6	18:00-18:45	18:50	19:30	High Jump	2	SH 1m33	
Saturday 20th January 2024							
Track							
Event No	Declarations	Assembly	Event Time	Event	Age/Open	Band/Heats	
0900-0950hrs Warm Up							
7	08:30-09:15	09:50	10:00	60mH	Session 1	A	1
8	08:35-09:20	09:55	10:05	60mH		B	1
9	08:40-09:25	10:00	10:10	60mH		C	1
10	08:45-09:30	10:05	10:15	60mH		D	1
11	08:50-09:35	10:10	10:20	60mH		E	2
1030-1055hrs Warm Up							
12	09:35-10:20	10:55	11:05	60mH	Session 2	G	1
13	09:40-10:25	11:00	11:10	60mH		H	3
14	09:55-10:40	11:15	11:25	60mH		I	2
15	10:05-10:50	11:25	11:35	60mH		J	1
1145-1210hrs Warm Up							
16	10:50-11:35	12:10	12:20	60m	Session 3	A	4
17	11:06-11:51	12:26	12:36	60m		B	4
1300-1325hrs Warm Up							
18	12:05-12:50	13:25	13:35	60m	Session 3	C	4
19	12:21-13:06	13:41	13:51	60m		D	4
1410-1435hrs Warm Up							
20	13:15-14:00	14:35	14:45	60m	Session 3	E	4
21	14:35-15:20	14:55	15:05	60m	Session 4	F	4
1510-1535hrs Warm Up							
22	14:15-15:00	15:35	15:45	60m	Session 4	G	4
23	14:31-15:16	15:51	16:01	60m		H	7
Saturday 20th January 2024							
Field							
Event No	Declarations	Assembly	Event Time	Event	Pool	Info	
0830-0950hrs Warm Up							
24	08:30-09:15	09:35	10:00	Long Jump	3		
25	10:30-11:15	11:35	12:00	Long Jump	4		
26	12:30-13:15	13:35	14:00	Triple Jump	1	7m/9m	

Sunday 21st January 2024							
Track							
Event No	Declarations	Assembly	Event Time	Event	Age/Open	Band/Heats	
1300-1355hrs Warm Up							
27	12:30-13:15	13:50	14:00	60mH	Session 5	M	1
28	12:35-13:20	13:55	14:05	60mH		N	1
29	12:40-13:25	14:00	14:10	60mH		O	1
30	12:45-13:30	14:05	14:15	60mH		P	2
31	12:55-13:40	14:15	14:25	60mH		Q	2
1440-1510hrs Warm Up							
32	13:45-14:30	15:05	15:15	60m	Session 6	K	4
33	14:01-14:46	15:21	15:31	60m		L	4
34	14:17-15:02	15:37	15:47	60m		M	4
Sunday 21st January 2024							
Field							
Event No	Declarations	Assembly	Event Time	Event	Pool	Info	
0830-0950hrs Warm Up							
35	08:30-09:15	09:35	10:00	Long Jump	5		
36	08:30-09:15	09:20	10:00	High Jump	3		SH 1m03
37	08:30-09:15	09:35	10:00	Shot Put	3		
38	10:30-11:15	11:35	12:00	Long Jump	6		
39	10:30-11:15	11:20	12:00	High Jump	4		SH 1m33
40	10:30-11:15	11:35	12:00	Shot Put	4		
41	12:30-13:15	13:35	14:00	Triple Jump	2		7m/11m
42	13:45-14:30	14:50	15:15	Triple Jump	3		9m

TRACK

Heats will be seeded fastest-slowest on PBs submitted at the point of entry

FIELD

Minimum 2 Warm Up Attempts

LJ/TJ/SP - 4 Competition Trials Only

PV/HJ - athletes will be allowed a maximum of 8 attempts.