

Athletes must declare their intention to compete at least 45 minutes before the start time of their pool/band.							
Friday 26th January 2024							
Field							
Event No	Declarations	Assembly	Event Start Time	Event	Pool	Info	
Warm Up Access from 1630hrs							
1	16:00-16:45	17:05	17:30	Pole Vault	1		SH 2m03
2	16:30-17:15	17:20	18:00	High Jump	1		SH 1m04
3	16:30-17:15	17:35	18:00	Shot Put	1		
4	17:45-18:30	18:50	19:15	Shot Put	2		
5	18:00-18:45	18:50	19:30	High Jump	2		SH 1m39
Saturday 27th January 2024							
Track							
Event No	Declarations	Assembly	Event Time	Event	Age/Open	Band/Heats	
0900-0950hrs Warm Up							
6	08:30-09:30	09:50	10:00	60mH	Session 1	A	1
7		09:55	10:05	60mH		B	1
8		10:00	10:10	60mH		C	1
9		10:05	10:15	60mH		D	1
1025-1055hrs Warm Up							
10	09:30-10:30	10:50	11:00	60mH	Session 2	E	1
11		10:55	11:05	60mH		F	2
12		11:05	11:15	60mH		G	1
1125-1155hrs Warm Up							
13	10:35-11:20	11:55	12:05	60m	Session 3	A	4
14	10:46-11:36	12:11	12:21	60m		B	4
1240-1310hrs Warm Up							
15	12:00-12:45	13:10	13:20	60m	Session 3	C	4
16	12:06-12:51	13:26	13:36	60m		D	4
1350-1420hrs Warm Up							
17	13:00-13:45	14:20	14:30	60m	Session 3	E	4
18	13:16-14:01	14:36	14:46	60m	Session 4	F	4
1500-1530hrs Warm Up							
19	14:10-14:55	15:30	15:40	60m	Session 4	G	4
20	14:26-15:11	15:46	15:56	60m		H	7

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Field							
Event No	Declarations	Assembly	Event Time	Event	Pool	Info	
0830-0950hrs Warm Up							
21	08:30-09:15	09:35	10:00	Long Jump	1		
22	10:30-11:15	11:35	12:00	Long Jump	2		
23	12:30-13:15	13:35	14:00	Triple Jump	1	7m/9m	
Sunday 28th January 2024							
Track							
Event No	Declarations	Assembly	Event Time	Event	Age/Open	Band/Heats	
1300-1355hrs Warm Up							
24	12:30-13:40	13:50	14:00	60mH	Session 5	M	1
25		13:55	14:05	60mH		N	1
26		14:00	14:10	60mH		O	1
27		14:05	14:15	60mH		P	1
28		14:10	14:20	60mH		Q	1
29		14:15	14:25	60mH		R	1
1430-1505hrs Warm Up							
30	13:45-14:30	15:05	15:15	60m	Session 6	K	4
31	14:01-14:46	15:21	15:31	60m		L	4
32	14:17-15:02	15:37	15:47	60m		M	4
Sunday 28th January 2024							
Field							
Event No	Declarations	Assembly	Event Time	Event	Pool	Info	
0830-0950hrs Warm Up							
33	08:30-09:15	09:35	10:00	Long Jump	3		
34	08:30-09:15	09:20	10:00	High Jump	3		SH 1m04
35	08:30-09:15	09:35	10:00	Shot Put	3		
36	10:30-11:15	11:35	12:00	Long Jump	4		
37	10:30-11:15	11:20	12:00	High Jump	4		SH 1m39
38	10:30-11:15	11:35	12:00	Shot Put	4		
39	12:30-13:15	13:35	14:00	Triple Jump	2		9m
40	13:45-14:30	14:50	15:15	Triple Jump	3		7m

**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.

PV Progressions 2m03-2m18-2m33-2m48-2m63-2m78-2m93-3m08-3m23-3m38-3m53-3m68-3m83+ 15cms