

Athletes must declare their intention to compete at least 60 minutes before the start time of their pool/band.

Friday 2nd February 2024

Field

Event No	Decs Open	Decs Close	Assembly	Event Start Time	Event	Pool	Info
1700-1750hrs Warm Up							
1	16:30	17:15	17:35	18:00	Pole Vault	1	SH 2m08
2	16:30	17:15	17:20	18:00	High Jump	1	SH 1m18
3	17:45	18:30	18:50	19:15	Shot Put	1	

Saturday 3rd February 2024

Track

Event No	Decs Open	Decs Close	Assembly	Event Start Time	Event	Age/Open	Band/Heats
0900-0950 Warm Up							
4	08:30	09:15	09:50	10:00	60mH	Session 1	A 1
5	08:35	09:20	09:55	10:05	60mH		B 1
6	08:40	09:25	10:00	10:10	60mH		C 1
7	08:45	09:30	10:05	10:15	60mH		D 1
8	09:00	09:45	10:20	10:30	60m	Session 3	A 1 to 5
9	09:20	10:05	10:40	10:50	60m		B 6 to 10
10	09:40	10:25	11:00	11:10	60m		C 11 to 17
1145-1200 Warm Up							
11	10:35	11:20	11:55	12:05	60mH	Session 2	E 1
12	10:40	11:25	12:00	12:10	60mH		F 1
13	10:45	11:30	12:05	12:15	60mH		G 1
14	10:50	11:35	12:10	12:20	60mH		H 1
Break							
15	11:15	12:00	12:35	12:45	60m	Session 4	D 18 to 22
16	11:35	12:20	12:55	13:05	60m		E 23 to 29

Saturday 3rd February 2024

Field

Event No	Decs Open	Decs Close	Assembly	Event Start Time	Event	Pool	Info
0900-0955hrs Warm Up							
17	08:30	09:15	09:35	10:00	Long Jump	1	
18	08:30	09:15	09:35	10:00	Shot Put	2	
19	10:30	11:15	11:35	12:00	Triple Jump	1	7m/9m
20	10:30	11:15	11:35	12:00	Shot Put	3	
21	12:30	13:15	13:35	14:00	Long Jump	2	
22	12:45	13:30	13:35	14:15	High Jump	2	SH 1m08

Athletes must declare their intention to compete at least 60 minutes before the start time of their pool/band.

Sunday 4th February 2024

Track								
Event No	Decs Open	Decs Close	Assembly	Event Start Time	Event	Age/Open	Band/Heats	
0900-0950 Warm Up								
23	08:30	09:15	09:50	10:00	60mH	Session 5	I	1
24	08:35	09:20	09:55	10:05	60mH		J	1
Break								
25	09:00	09:45	10:20	10:30	60m	Session 7	F	30 to 34
26	09:20	10:05	10:40	10:50	60m		G	35 to 39
1115-1130 Warm Up								
27	10:05	10:50	11:25	11:35	60mH	Session 6	K	1
28	10:10	10:55	11:30	11:40	60mH		L	1
29	10:15	11:00	11:35	11:45	60mH		M	1
Break								
30	10:45	11:30	12:05	12:15	60m	Session 8	H	40 to 43

Sunday 4th February 2024

Field								
Event No	Decs Open	Decs Close	Assembly	Event Start Time	Event	Pool	Info	
0900-0955hrs Warm Up								
31	08:30	09:15	09:35	10:00	Long Jump	3		
32	08:30	09:15	09:35	10:00	Shot Put	4		
33	10:30	11:15	11:35	12:00	Long Jump	4		
34	10:30	11:15	11:35	12:00	Shot Put	5		
35	12:30	13:15	13:35	14:00	Triple Jump	2	7m/11m	
36	12:30	13:15	13:20	14:00	High Jump	3	1m53	

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 2m08-2m23-2m38-2m53-2m68-2m83-2m98-3m13-3m28-3m43-3m58-3m73+ 15cms