

<b>This is a provisional timetable for entry purposes only a FINAL timetable will be published on 24th January 2025</b>				
<b>Straight Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	11:00	60m Hurdles	Masters Men	
	11:10	60m Hurdles	Masters Women	Final
	11:20	60m	Mast Men/Women/Para	Finals
<b>Circular Track</b>				
	11:00	400m	Mast Men/Women/Para	Finals
	11:40	4 x 200m Relay	U13 Boys	1
	12:00	4 x 200m Relay	U13 Girls	1
	12:25	800m	Mast Men/Women/Para	Final
	13:10	4 x 200m Relay	U15 Boys	1
	13:30	4 x 200m Relay	U15 Girls	1
	13:55	200m	Mast Men/Women/Para	Final
	14:50	4 x 200m Relay	U13 Boys	Final
	14:55	4 x 200m Relay	U13 Girls	Final
	15:00	4 x 200m Relay	U15 Boys	Final
	15:05	4 x 200m Relay	U15 Girls	Final
	15:10	1500m	Mast Men/Women/Para	Final
<b>Straight Track will take precedence over Circular Track All heat lists will be displayed ONLINE. Please check for report time.</b>				
<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	
	11:00	Shot Put	Masters Men / Para	
	11:00	Long Jump	Masters Women / Para	
	12:15	Shot Put	Masters Women / Para	
	12:15	Long Jump	Masters Men / Para	
	12:15	Pole Vault	Masters Men / Women	SH 2m00
	13:00	High Jump	Masters Men / Para	SH 1m21
	14:00	Triple Jump	Masters Men/Women	
<b>All Shot competitions will be held in corner outside back straight. Horizontal Jumps &amp; Shot Put - 2 Warm Ups 3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts. High Jump - 2 Heights in Warm Up Only</b>				