

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on 21st February 2025

Straight Track

Event No	Time	Event	Age Group	Round
	10:00	60m	U20 Men	1
	10:16	60m	U15 Boys	1
	10:32	60m	U20 Women	1
	10:48	60m	U15 Girls	1
	11:25	60m Hurdles	U15 Girls	1
	11:40	60m Hurdles	U15 Boys	1
	11:55	60m	U20 Men	Semi Final
	12:03	60m	U15 Boys	Semi Final
	12:11	60m	U20 Women	Semi Final
	12:19	60m	U15 Girls	Semi Final
	12:41	60m Hurdles	U15 Girls	Final
	12:46	60m Hurdles	U15 Boys	Final
	12:55	60m	U20 Men	Final
	12:59	60m	U15 Boys	Final
	13:03	60m	U20 Women	Final
	13:07	60m	U15 Girls	Final

Circular Track

Event No	Time	Event	Age Group	Round
	13:35	800m	U20 Women	1
	13:48	800m	U20 Men	1
	14:00	200m	U15 Girls	1
	14:20	200m	U15 Boys	1
	14:40	300m	U15 Girls	1
	14:56	300m	U15 Boys	1
	15:05	800m	U15 Girls	Timed Finals
	15:20	800m	U15 Boys	Timed Finals
	15:35	800m	U20 Women	Final
	15:39	800m	U20 Men	Final
	15:43	200m	U15 Girls	Semi Final
	15:55	200m	U15 Boys	Semi Final
	16:07	1500m	U15 Girls	Timed Finals
	16:27	1500m	U15 Boys	Timed Finals
	16:47	300m	U15 Girls	Final
	16:51	300m	U15 Boys	Final
	16:55	200m	U15 Boys	Final
	16:59	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 Pool 1	U15 Girls	In
		Long Jump Pool 2		Out
	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
			U15 Girls	
	12:45	Triple Jump	U15 Boys	7m/9m
		Triple Jump	U15 Girls	7m/9m
	13:40	High Jump	U20 Men	SH 1m58
	14:00	Triple Jump	U20 Women	9m/11m
	14:00	Shot Put	U15 Boys	
	15:15	Long Jump	U15 Boys	
	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 - 2 Warm Ups
3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts
High Jump - 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
	10:24	60m	U13 Boys	1
	10:50	60m Hurdles	U13 Girls	1
	11:00	60m Hurdles	U13 Boys	1
	11:10	60m Hurdles	U20 Women	1
	11:20	60m Hurdles	U20 Men	1
	11:35	60m	U13 Girls	Semi Final
	11:47	60m	U13 Boys	Semi Final
	12:05	60m Hurdles	U13 Girls	Final
	12:10	60m Hurdles	U13 Boys	Final
	12:15	60m Hurdles	U20 Women	Final
	12:20	60m Hurdles	U20 Men	Final
	12:30	60m	U13 Girls	Final
	12:34	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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	10:00	Long Jump	U20 Men	
	10:05	Shot Put	U13 Boys	
	10:15	High Jump	U13 Boys	SH 1m13
	11:30	Shot Put	U13 Girls	
	11:30	Long Jump	U20 Women	
	12:30	Pole Vault	U20 Women	SH 2m19
	13:30	High Jump	U20 Women	SH 1m37
	13:30	Long Jump Pool 1	U13 Girls	In
		Long Jump Pool 2		Out
	14:30	Pole Vault	U20 Men	SH 3m06
	15:00	High Jump	U13 Girls	SH 1m23
				SH 1m13
	15:40	Long Jump	U13 Boys	
	15:40	Shot Put	U20 Men	

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High Jump - 2 Heights in Warm Up Only