

This is a provisional timetable for entry purposes only a FINAL timetable will be published on 31st January 2025				
Track				
Event No	Time	Event	Age Group	Round
	10:00	60m	Sen Men CE	
	10:08	60m	U20 Men CE	
	10:12	60m	U17 Men CE	
	10:20	60m	Mas Men CE	
	10:50	60m Hurdles	U13 Boys CE	
	11:10	60m Hurdles	U15 Boys CE	
	11:35	60m Hurdles	U13 Girls CE	
	12:00	4 x 200m Relay	U17 Women	1
	12:15	4 x 200m Relay	U17 Men	1
	12:30	4 x 200m Relay	Sen Women	1
	12:45	4 x 200m Relay	Sen Men	1
	14:00	4 x 200m Relay	U17 Women	Final
	14:25	4 x 200m Relay	U17 Men	Final
	14:40	4 x 200m Relay	Sen Women	Final
	14:55	4 x 200m Relay	Sen Men	Final
	15:15	800m	U13 Boys CE	
	15:30	800m	U13 Girls CE	
	16:00	800m	U15 Boys CE	
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.				
Field				
Event No	Time	Event	Age Group	
	10:00	High Jump	U13 Girls CE Pool 1	1m13
			U13 Girls CE Pool 2	1m04
	10:00	Shot Put	U13 Boys CE	
	10:00	Long Jump	U15 Boys CE	In
	11:00	Shot Put	U17 / Mas Men CE	
	11:00	Long Jump	Sen/U20 Men CE	In
	11:45	Long Jump	Sen/U20 Men CE	In
	12:30	Shot Put	Sen/U20 Men CE	
	12:30	High Jump	U15 Boys CE	1m21
			U13 Boys CE	1m04
	13:00	Long Jump	U13 Girls CE Pool 1	In
			U13 Girls CE Pool 2	Out
	13:15	Pole Vault	Mas Men CE	SH 2m00
			U17 Men CE	SH 2m20
	13:15	Shot Put	Sen/U20 Men CE	
	14:00	Long Jump	U13 Boys CE Pool 1	In
			U13 Boys CE Pool 2	Out
	14:30	Shot Put	U13 Girls CE	
	14:45	High Jump	Sen/U20 Men CE	SH 1m37
			Sen/U20 Men CE	SH 1m67
	15:15	Long Jump	U17 / Mas Men CE	In
	15:15	Shot Put	U15 Boys CE	
All Shot competitions will be held in corner outside back straight. All Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition High Jump - Minimum 2 Heights in Warm Up				

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Straight Track				
Event No	Time	Event	Age Group	Round
	10:00	60m Hurd	Sen / U20 Men CE	
	10:10	60m Hurd	U17 Men CE	
	10:20	60m Hurd	Sen / U20 / Mas Women CE	
	11:15	60m Hurd	U17 Women CE	
	11:45	60m Hurd	U15 Girls CE	
	12:05	60m Hurd	Masters Men CE	
Circular Track				
Event No	Time	Event	Age	Round
	12:45	3000m	Mas Men	
	13:25	3000m	Mas Women	
	15:15	1000m	U17 Men CE	
	15:25	1000m	U20 Men CE	
	15:40	1000m	Masters Men CE	
	15:50	800m	U17 Women CE	
	16:00	800m	Sen Women CE	
			U20 / Mas Women CE	
	16:10	800m	U15 Girls CE	
	16:25	1000m	Sen Men CE	
<p align="center"><b>Straight Track will take precedence over Circular Track</b>                      All heat lists will be displayed at warm up area. Please check for report time.                      If heats are not required FINALS will go at HEAT time.</p>				
Field				
Event No	Time	Event	Age Group	Info
	10:00	High Jump	U15 Girls CE Pool 2	SH 1m11
			U15 Girls CE Pool 1	SH 1m23
	10:00	Shot Put	U17 / Mas Women CE	
	11:15	Pole Vault	Sen / U20 Men CE	SH 3m07
			Sen / U20 Men CE	SH 2m17
	11:30	High Jump	Sen Women CE	SH 1m33
			U20 Women CE	SH 1m27
	11:45	Long Jump	U17 / Mas Women CE	In
			U17 / Mas Women CE	Out
	13:00	High Jump	Masters Men CE	SH 1m12
			U17 Men CE	SH 1m37
	13:00	Long Jump	U15 Girls CE Pool 1	In
			U15 Girls CE Pool 2	Out
	13:15	Shot Put	SW Wom CE	
			U20 Wom CE	
	14:15	High Jump	U17 / Mas Women CE Pool 1	SH 1m33
			U17 / Mas Women CE Pool 2	SH 1m27
	14:30	Shot Put	U15 Girls CE Pool 2	
	14:30	Long Jump	Sen Women CE	Pool 2 out
			U20 Women CE	Pool 1 in
	15:15	Shot Put	U15 Girls CE Pool 1	
<p align="center"><b>All Shot competitions will be held in corner outside back straight.</b>                      Horizontal Jumps &amp; Shot Put - 2 Warm Ups                      3 Attempts in Competition                      High Jump - 2 Heights in Warm Up Only</p>				