

Athletes must declare their intention to compete at least 60mins before the start of each of their events

Track				
Event No	Time	Event	Age Group	Round
1	10.00	60m	Sen Men CE	
2	10.08	60m	U20 Men CE	
3	10.12	60m	U17 Men CE	
4	10.20	60m	Mas Men CE	
5	11.05	60m Hurdles	U15 Boys CE	
6	11.20	60m Hurdles	U13 Boys CE	
7	11.35	60m Hurdles	U13 Girls CE	
8	12.30	4 x 200m Relay	Sen Women	1
9	12.45	4 x 200m Relay	Sen Men	1
10	13.00	4 x 200m Relay	U13 Girls	1
11	13.25	4 x 200m Relay	U15 Girls	1
12	13.50	4 x 200m Relay	U13 Boys	1
13	14.15	4 x 200m Relay	U15 Boys	1
14	14.30	4 x 200m Relay	U17 Women	1
15	14.45	4 x 200m Relay	U17 Men	1
16	15.00	800m	SW Invitation	1
17	15.15	800m	U13 Boys CE	
18	15.30	4 x 200m Relay	Sen Women	Final
19	15.35	4 x 200m Relay	Sen Men	Final
20	15.40	4 x 200m Relay	U15 Girls	Semi Final
21	16.00	800m	U13 Girls CE	
22	16.20	800m	U15 Boys CE	
23	16.35	4 x 200m Relay	U13 Girls	Semi Final
24	16.50	4 x 200m Relay	U13 Boys	Semi Final

All heat lists will be displayed at warm up area. Please check for report time.

**U13 / U15 / U17 Relay Finals will be held on Saturday 15th February
 If heats are not required FINALS will go at HEAT time.**

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Field				
Event No	Time	Event	Age Group	
25	10.00	High Jump	U13 Girls CE Pool 1	1m08
25		High Jump	U13 Girls CE Pool 2	1m02
26	10.00	Shot Put	U13 Boys CE	
27	10.00	Long Jump	U15 Boys CE	In
27		Long Jump	U15 Boys CE	Out
28	11.00	Shot Put	Mas Men CE	
29	11.00	Long Jump	Sen Men CE	In
30	11.00	Long Jump	U20M / U17M CE	Out
31	12.30	High Jump	U13 Boys CE Pool 1	1m11
31		High Jump	U13 Boys CE Pool 2	1m02
32	12.30	Shot Put	Sen Men CE	
33	13.00	Long Jump	U13 Girls CE Pool 1	In
33		Long Jump	U13 Girls CE Pool 2	Out
34	13.00	Shot Put	U20M / U17M CE	
35	13.15	Pole Vault	Mas Men CE / M70 / W35	
36	13.45	High Jump	U15 Boys CE	SH 1m33
36		High Jump	U15 Boys CE	SH 1m27
37	14.00	Long Jump	U13 Boys CE	In
37		Long Jump	U13 Boys CE	Out
38	14.30	Shot Put	U13 Girls CE Pool 1	
38	15.00	Shot Put	U13 Girls CE Pool 2	
39	15.15	High Jump	Sen Men CE	SH 1m56
40	15.15	High Jump	U20M / U17M CE	SH 1m47
41	15.15	Long Jump	Mas Men CE	In
42	15.30	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 - 2 Heights in Warm Up Only**

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Straight Track				
Event No	Time	Event	Age Group	Round
43	10.00	60m Hurd	Sen Men CE	
43	10.10	60m Hurd	U20 Men	
43	10.15	60m Hurd	M40 CE / M40 / M45	
43	10.20	60m Hurd	U17 Men CE	
43	10.25	60m Hurd	M50 CE / M50 / M55	
43	10.30	60m Hurd	W40 CE / W45	
43	10.35	60m Hurd	M60 CE / M60 / M70 / W60	
43	10.40	60m Hurd	SW CE / U20W CE / W35	
44	10.55	60m	M55	1
45	11.03	60m	M50	1
46	11.19	60m	W45	Final
47	11.30	60m Hurd	U17 Women CE	
48	11.50	60m Hurd	U15 Girls CE	
49	12.10	60m	W35 / Para Women	Final
49	12.14	60m	M35 / Para Men	Final
49	12.18	60m	W40 / W50	Final
49	12.22	60m	M60 / W55	Final
49	12.24	60m	M65 / M75 / M80 / W75	Final
50	12.28	60m	M55	Final
51	12.32	60m	M50	Final
Straight Track will take precedence over Circular Track 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.				
Circular Track				
Event No	Time	Event	Age	Round
52	13.00	400m	W35 / W55	Final
52			W40 / W45	Final
52			M35 / M40 / Para Men	Final
52	13.15		M45	Final
52			M50	Final
52			M55 / W50 / W75	Final
52			M60 / M70 / M80	Final
53	13.30	800m	W40 / W45 / W50 / W55	Final
53			M35 / M40	Final
53			M45	Final
53			M50	Final
53	13.45		M55	Final
53			M60	Final
53			M65 / M70 / M75 / M80	Final
54	14.00	200m	M55	1
55			M50	1
56			M40	1
57			W35 / W40 / Para Women	Final
57			W45 / W75	Final
57	14.15		W50 / W55	
			M35 / Para M	

58			M45	Final
58			M60 / M65 / M70 / M80	Final
59	14.30	1500m	W35 / W40 / W45 / W50 / W55	Final
60			M35 / M40 / Para Men	Final
60	14.45		M45 / M50	Final
60			M55 / M60	Final
60			M65 / M75 / M80	Final
61	15.10	200m	M55	Final
62			M50	Final
63			M40	Final
64	15.25	1000m	Mas Men CE	
65	16.00	800m	U17 Women	
66	16.15	800m	Sen Women CE	
67	16.25	800m	U20W / Mas Momen CE	
68	16.30	800m	U15 Girls CE	
69	17.00	1000m	U17 Men CE	
70	17.10	1000m	U20 Men CE	
71	17.15	1000m	Sen Men CE	
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Field				
Event No	Time	Event	Age Group	
72	10.00	High Jump	U15 Girls CE Pool 2	SH 1m07
72			U15 Girls CE Pool 1	SH 1m16
73	10.00	Shot Put	U17 Women CE	
74	10.00	Long Jump	Masters Men / Women / Para	
75	11.20	Shot Put	Mas Wom / M70 / M75 / M80 / M85	
76	11.20	High Jump	Masters Men CE	
77	11.45	Pole Vault	U20M / U17M CE	SH 2m17
78	12.30	Long Jump	U17 Women CE	In
78			U17 Women CE	Out
75	12.30	Shot Put	M35 / M40 / M45 / M50 / M60 / M65	
79	13.15	High Jump	Sen Women CE	SH 1m27
80		High Jump	U20W / Mas Women CE	SH 1m27
81	13.30	Long Jump	U15 Girls CE Pool 1	In
81		Long Jump	U15 Girls CE Pool 2	Out
82	14.00	Shot Put	SW / U20W / Mas Wom CE	
83	14.15	Pole Vault	Sen Men CE	SH 3m07
84	14.30	High Jump	U17 Women CE	SH 1m33
84		High Jump	U17 Women CE	SH 1m27
85	15.00	Shot Put	U15 Girls CE Pool 1	Pool 1
86	15.30	Long Jump	SW / U20W / Mas Women CE	
85	15.30	Shot Put	U15 Girls CE	Pool 2
87	16.00	High Jump	Masters Men / Women	60m F
87			Masters Men / Women	60m S
88	16.00	Triple Jump	Masters Men / Women / Para	Out 7m/9m/11m
All Shot competitions will be held in corner outside back straight. Horizontal Jumps & Shot Put - Minimum 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				