

Sunday 21st February 2016

Times are for guidance only

Age Category	Full Event Name	Time	Age Category	Full Event Name	Time
U18 Girls	4x200m	10am	Girls	Pole Vault	10.30am
U18 Boys	4x200m		Boys	Pole Vault	2.00pm
U16 Girls	4x200m				
U16 Boys	4x200m		U17 Boys	High Jump	10.30am
U14 Girls	4x200m		U18 Boys	High Jump	
U14 Boys	4x200m		U19 Boys	High Jump	
U16 Girls	60m	11.30am	Senior Men	High Jump	
U16 Boys	60m		U17 Girls	High Jump	11.30am
U15 Girls	60m		U18 Girls	High Jump	
U15 Boys	60m		U19 Girls	High Jump	
U14 Girls	60m		Senior Women	High Jump	
U14 Boys	60m		U15 Girls	High Jump	12.30pm
U17 Girls	60m		U15 Boys	High Jump	
U17 Boys	60m		U14 Girls	High Jump	1.30pm
U18 Girls	60m		U14 Boys	High Jump	
U18 Boys	60m		U16 Girls	High Jump	2.30pm
U19 Girls	60m		U16 Boys	High Jump	
U19 Boys	60m				
Senior Women	60m		U14 Girls	Long Jump 1	10.30am
Senior Men	60m		U14 Boys	Long Jump 2	11.30am
U18 Girls	400m	11.00am	U17 Girls	Long Jump 1	noon
U18 Boys	400m		U17 Boys	Long Jump 2	1.00pm
U19 Girls	400m		U18 Girls	Long Jump 1	12.30pm
U19 Boys	400m		U19 Girls	Long Jump	
Senior Women	400m		Senior Women	Long Jump	
Senior Men	400m		U18 Boys	Long Jump 2	1.30pm
U16 Girls	1500m	11.20am	U19 Boys	Long Jump	
U16 Boys	1500m		Senior Men	Long Jump	
U17 Girls	1500m		U16 Girls	Long Jump 1	1.00pm
U17 Boys	1500m		U15 Boys	Long Jump 1	2.00pm
U18 Girls	1500m		U15 Girls	Long Jump 1	3.00pm
U18 Boys	1500m		U16 Boys	Long Jump 2	3.00pm
U19 Girls	1500m				
U19 Boys	1500m		U18 Girls	Triple Jump	4.00pm
Senior Women	1500m		U18 Boys	Triple Jump	
Senior Men	1500m		U19 Girls	Triple Jump	
U14 Girls	1K Walk	noon	U19 Boys	Triple Jump	
U14 Boys	1K Walk		Senior Women	Triple Jump	
U15 Girls	1K Walk		Senior Men	Triple Jump	
U15 Boys	1K Walk				
U16 Girls	1500m Walk		Senior Men	Shot Put(7.26Kg)	10.30am
U16 Boys	1500m Walk		U19 Boys	Shot Put (6Kg)	11.00am
U17 Girls	1500m Walk		U18 Boys	Shot Put (5Kg)	
U17 Boys	1500m Walk		U17 Boys	Shot Put (5Kg)	
U18 Girls	1500m Walk		Senior Women	Shot Put (4Kg)	11.30am
U18 Boys	1500m Walk		U19 Girls	Shot Put (4Kg)	
U19 Girls	1500m Walk		U18 Girls	Shot Put (3Kg)	
U19 Boys	1500m Walk		U17 Girls	Shot Put (3Kg)	
Senior Men	1500m Walk		U16 Girls	Shot Put (3Kg)	noon

Senior Women	1500m Walk		U16 Boys	Shot Put (4Kg)
	Track break, hurdles put out		U15 Girls	Shot Put (2.72Kg)
U14 Girls	800m	1.30am	U15 Boys	Shot Put (3.25Kg)
U14 Boys	800m		U14 Girls	Shot Put (2kg)
U15 Girls	800m		U14 Boys	Shot Put (2.72Kg)
U15 Boys	800m			
U16 Girls	800m			
U16 Boys	800m			
U17 Girls	800m			
U17 Boys	800m			
U18 Girls	800m			
U18 Boys	800m			
U19 Girls	800m			
U19 Boys	800m			
Senior Women	800m			
Senior Men	800m			
U14 Girls	60mH	2.30pm		
U14 Boys	60mH			
U15 Girls	60mH			
U16 Girls	60mH			
U17 Girls	60mH			
U18 Girls	60mH			
U15 Boys	60mH			
U16 Boys	60mH			
U19 Girls	60mH			
Senior Women	60mH			
U17 Boys	60mH			
U18 Boys	60mH			
U19 Boys	60mH			
Senior Men	60mH			
U16 Girls	200m	3.00pm		
U16 Boys	200m			
U17 Girls	200m			
U17 Boys	200m			
U18 Girls	200m			
U18 Boys	200m			
U19 Girls	200m			
U19 Boys	200m			
Senior Women	200m			
Senior Men	200m			
U13 Girls	4x100m	4.00pm		
U13 Boys	4x100m			
U15 Girls	4x200m			
U15 Boys	4x200m			
U17 Girls	4x200m			
U17 Boys	4x200m			
U19 Girls	4x200m			
U19 Boys	4x200m			