

Saturday 17th February

Track					Field		
12:00	400m	W	Heats				
12:20	400m	M	Heats		12:00	PV - Warm Up	Men
12:50	1500m	W	Heats		13:00	Pole Vault	Men
13:05	1500m	M	Heats				
13:25	200m Sprint	W	Heats		13:15	High Jump	Women
14:00	200m Sprint	M	Heats		15:30	High Jump	Men
14:35	60m Hurdles	W	Heats				
14:50	800m	W	Heats		11:45	Weight	Women
15:05	800m	M	Heats		12:50	Weight	Men
15:30	200m Sprint	W	Final				
15:40	200m Sprint	M	Final		14:20	Triple Jump	Men
15:50	60mH	W	Final		15:50	Triple Jump	Women
16:00	60mH	M	Final				
16:10	400m	W	Semi	If 20+ in Heats			
16:20	400m	M	Semi	If 20+ in Heats			
16:35	4x200m	W	Final				
16:50	4x200m	M	Final				

Sunday 18th February

Track					Field		
12:00	60m Sprint	W	Heats				
12:20	60m Sprint	M	Heats		12:00	PV - Warm Up	Women
12:55	5000m Walk	M	Final		13:00	Pole Vault	Women
13:25	3000m Walk	W	Final				
13:50	3000m	M	Final (TT)		13:15	Long Jump	Women
14:15	3000m	W	Final		15:00	Long Jump	Men
14:30	60m Sprint	W	Semi	If 24+ In Heats			
14:40	60m Sprint	M	Semi	If 24+ In Heats	13:45	Shot Put	Men
15:00	1500m	W	Final		15:15	Shot Put	Women
15:10	1500m	M	Final				
15:20	400m	W	Final				
15:30	400m	M	Final				
15:40	60m Sprint	W	Final				
15:50	60m Sprint	M	Final				
16:00	800m	W	Final				
16:10	800m	M	Final				
16:20	4x400m	W	Final				
16:35	4x400m	M	Final				

Check-in closes 90 Minutes before events

Callroom

Track	20 Minutes
Throws	40 Minutes
Long/Triple	50 Minutes
High Jump	65 Minutes
Pole Vault	80 Minutes