

Provisional Timetable

Event days will remain the same, however time and order of events may change

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	12:00	High Jump	Women
13:45	200m Sprint	M	Heats	15:00	High Jump	Men
14:05	60m Hurdles	W	Heats			
14:15	60m Hurdles	M	Heats	11:00	Weight	Women
14:30	800m	W	Heats	12:15	Weight	Men
14:45	800m	M	Heats			
15:15	200m Sprint	W	Final	13:45	Triple Jump	Men
15:25	200m Sprint	M	Final	15:30	Triple Jump	Women
15:35	60mH	W	Final			
15:45	60mH	M	Final			
15:55	400m	W	Semi If 20+ in Heats			
16:10	400m	M	Semi If 20+ in Heats			
16:20	4x200m	W	Final			
16:30	4x200m	M	Final			

Sunday 18th February

Track				Field		
11:00	60m	W	Heats			
11:30	60m	M	Heats			
12:00	3000m Walk	W	Final			
12:25	5000m Walk	M	Final	11:00	PV - Warm Up	Women
12:45	3000m	M	Final	12:00	Pole Vault	Women
13:15	3000m	W	Final			
13:30	60m	W	Semi If 24+ In Heats	12:30	Long Jump	Women
13:45	60m	M	Semi If 24+ In Heats	14:00	Long Jump	Men
13:55	1500m	W	Final			
14:05	1500m	M	Final	12:30	Shot Put	Men
14:15	400m	W	Final	14:00	Shot Put	Women
14:25	400m	M	Final			
14:35	60m	W	Final			
14:45	60m	M	Final			
14:55	800m	W	Final			
15:05	800m	M	Final			
15:10	4x400m	W	Final			
15:20	4x400m	M	Final			