

**SENIOR & U15  
TRACK & FIELD INDOOR CHAMPIONSHIPS  
FINAL TIMETABLE**

**SATURDAY 29TH JANUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T01-1	10:30	11:40	12:00	400m	Heats	SENW
T02-1	10:50	12:00	12:20	400m	Heats	SENM
T03-1	11:20	12:30	12:50	60m Hurdles	Heats	SENW
T04-1	11:35	12:45	13:05	60m Hurdles	Heats	U15G
T05-1	11:55	13:05	13:25	1500m	Straight Final	U15G
T06-1	12:02	13:12	13:32	1500m	Straight Final	U15B
T07-1	12:10	13:20	13:40	1500m	Straight Final	SENW
T08-1	12:17	13:27	13:47	1500m	Straight Final	SENM
T09-1	12:25	13:35	13:55	60m	Heats	U15G
T10-1	12:45	13:55	14:15	60m	Heats	SENM
T11-1	13:15	14:25	14:45	60m	Heats	SENW
T12-1	13:45	14:55	15:15	60m Hurdles	Straight Final	SENM
T03-2		15:10	15:30	60m Hurdles	Final	SENW
T13-1	14:15	15:25	15:45	60m Hurdles	Straight Final	U15B
T04-2		15:40	16:00	60m Hurdles	Final	U15G
T01-2		15:55	16:15	400m	Final	SENW
T02-2		16:00	16:20	400m	Final	SENM
T14-1	14:55	16:05	16:25	60m	Final	U15B
T07-3		16:10	16:30	60m	Final	U15G
T08-2		16:15	16:35	60m	A & B Final	SENM
T09-2		16:25	16:45	60m	A & B Final	SENW

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F01	09:30	10:17	11:00	Pole Vault	Final	U15B
F02	09:45	10:40	11:15	Long Jump	Final	U15B
F03	09:45	10:30	11:15	Long Jump	Final	U15G
F04	11:30	12:11	13:00	Shot	Final	SENW
F05	12:30	12:35	14:00	Pole Vault	Final	SENM
F06	13:00	13:20	14:30	Triple Jump	Final	SENM
F07	13:00	13:20	14:30	Triple Jump	Final	SENW
F08	13:30	14:17	15:00	Shot	Final	SENM



**LIVE RESULTS & START LISTS SCAN QR CODE**

**SUNDAY 30TH JANUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event		Age Group
T15-1	10:30	11:40	12:00	300m	Heats	U15B
T16-1	10:40	11:50	12:10	300m	Heats	U15G
T17-1	10:55	12:05	12:25	800m	Heats	U15B
T18-1	11:05	12:15	12:35	800m	Heats	U15G
T19-1	11:30	12:40	13:00	800m	Heats	SENM
T20-1	11:45	12:55	13:15	800m	Heats	SENW
T21-1	11:55	13:05	13:25	200m	Heats	U15B
T22-1	12:20	13:30	13:50	200m	Heats	U15G
T23-1	12:35	13:45	14:05	200m	Heats	SENM
T24-1	13:00	14:10	14:30	200m	Heats	SENW
T25-1		14:35	14:55	3000m	Straight Final	U15B/U15G
T27-1		14:47	15:07	3000m	Straight Final	SENM/SENW
T21-2		14:59	15:19	200m	Semi Final	U15G
T15-2		15:09	15:29	300m	Final	U15B
T16-2		15:14	15:34	300m	Final	U15G
T17-2		15:19	15:39	800m	Final	U15B
T18-2		15:24	15:44	800m	Final	U15G
T19-2		15:29	15:49	800m	Final	SENM
T20-2		15:34	15:54	800m	Final	SENW
T22-3		15:39	15:59	200m	Final	U15B
T23-3		15:44	16:04	200m	A & B Final	SENM
T24-3		15:54	16:14	200m	A & B Final	SENW
T21-3		16:04	16:24	200m	Final	U15G

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F09	10:00	10:25	11:30	High Jump	Final	SENW
F10	10:00	10:25	11:30	High Jump	Final	SENM
F11	10:00	10:29	11:30	Pole Vault	Final	U15G
F12	10:15	10:38	11:45	Long Jump	Final	SENW
F13	11:30	12:18	13:00	Shot	Final	U15G
F14	13:00	13:25	14:30	High Jump	Final	U15B
F15	12:50	13:07	14:20	Pole Vault	Final	SENW
F16	13:00	13:11	14:30	High Jump	Final	U15G
F17	13:15	13:50	14:45	Long Jump	Final	SENM
F18	13:15	14:12	14:45	Shot	Final	U15B