

**SATURDAY 4TH FEBRUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T01-1	10:00	11:05	11:30	800m	Heats	U17M
T02-1	10:15	11:20	11:45	800m	Heats	U20M
T03-1	10:25	11:30	11:55	800m	Heats	U17W
T04-1	10:45	11:50	12:15	800m	Heats	U20W
T05-1	10:55	12:00	12:25	200m	Heats	U17W
T06-1	11:19	12:24	12:49	200m	Heats	U13G
T07-1	11:43	12:48	13:13	200m	Heats	U17M
T08-1	12:01	13:06	13:31	200m	Heats	U20W
T09-1	12:19	13:24	13:49	200m	Heats	U20M
T10-1	12:31	13:36	14:01	200m	3 Heats	U13B
T11-1	12:45	13:50	14:15	3000m	Straight Final	U17M/U17W
T12-1	12:57	14:02	14:27	3000m	Straight Final	U20M/U20W
T05-2		14:19	14:44	200m	Semi Finals	U17W
T06-2		14:28	14:53	200m	Semi Finals	U13G
T07-2		14:37	15:02	200m	Semi Finals	U17M
T08-2		14:46	15:11	200m	Semi Finals	U20W
T09-2		14:55	15:20	200m	Semi Finals	U20M
T13-1	14:01	15:06	15:31	800m	Time Trials	U13G
T14-1	14:16	15:21	15:46	800m	Time Trials	U13B
T01-2		15:31	15:56	800m	Final	U17M
T02-2		15:36	16:01	800m	Final	U20M
T03-2		15:41	16:06	800m	Final	U17W
T04-2		15:51	16:16	800m	Final	U20W
T10-2		16:01	16:26	200m	Final	U13B
T05-3		16:04	16:29	200m	Final	U17W
T06-3		16:07	16:32	200m	Final	U13G
T07-3		16:10	16:35	200m	Final	U17M
T08-3		16:13	16:38	200m	Final	U20W
T09-3		16:16	16:41	200m	Final	U20M

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F01	09:30	09:45	11:00	High Jump	Final	U17W
F02	09:30	09:45	11:00	High Jump	Final	U20W
F03	09:30	09:55	11:00	Long Jump	Final	U20M
F04	09:30	09:55	11:00	Long Jump AMBULANT	Final	U20M
F05	10:30	11:04	12:00	Shot Put	Final	U17W
F06	11:30	11:55	13:00	Long Jump	Final	U17M
F07	12:00	12:30	13:30	High Jump	Final	U13G
F08	12:00	12:30	13:30	High Jump	Final	U13B
F09	13:05	13:40	14:35	Long Jump	Final	U17W
F10	13:05	13:30	14:35	Long Jump	Final	U20W
F11	14:00	14:25	15:30	Shot Put	Final	U20W
F12	14:00	14:25	15:30	Shot Put	Final	U13B
F13	14:00	14:25	15:30	Shot Put AMBULANT	Final	U17W
F14	14:10	14:40	15:40	High Jump	Final	U20M
F15	14:10	14:40	15:40	High Jump	Final	U17M
F16	14:45	15:10	16:15	Long Jump	Final	U13G

Scan the QR code  
for Start List &  
Results for today's  
event.



**SUNDAY 5TH FEBRUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T15-1	09:15	10:25	10:45	60m Hurdles	Heats	U17M
T16-1	09:34	10:44	11:04	60m Hurdles	Heats	U20W
T17-1	09:56	11:06	11:26	60m Hurdles	Heats	U17W
T18-1	10:18	11:28	11:48	400m	Heats	U20M
T19-1	10:27	11:37	11:57	400m	Heats	U20W
T20-1	10:36	11:46	12:06	400m	Heats	U17M
T21-1	10:55	12:05	12:25	300m	Heats	U17W
T22-1	11:13	12:23	12:43	60m	Heats	U13G
T23-1	11:22	12:32	12:52	60m	Heats	U17W
T24-1	11:34	12:44	13:04	60m	Heats	U20W
T25-1	11:43	12:53	13:13	60m	Heats	U20M
T26-1	11:55	13:05	13:25	60m	Heats	U17M
T27-1	12:04	13:14	13:34	60m	Heats	U13B
T28-1	12:19	13:29	13:49	60m AMBULANT	Heats	ALL
T29-1	12:36	13:46	14:06	1500m	Straight Final	U20W
T30-1	12:44	13:54	14:14	1500m	Straight Final	U17W
T31-1	12:51	14:01	14:21	1500m	Straight Final	U13B
T32-1	12:59	14:09	14:29	1500m	Straight Final	U13G
T33-1	13:06	14:16	14:36	1500m	Straight Final	U20M
T34-1	13:14	14:24	14:44	1500m	Straight Final	U17M
T35-1	13:21	14:31	14:51	60m Hurdles	Straight Final	U20M
T15-2		14:44	15:04	60m Hurdles	Final	U17M
T16-2		14:57	15:17	60m Hurdles	Final	U20W
T17-2		15:10	15:30	60m Hurdles	Final	U17W
T36-1	14:13	15:23	15:43	60m Hurdles	Straight Final	U13B
T37-1	14:26	15:36	15:56	60m Hurdles	Straight Final	U13G
T18-2		15:39	15:59	400m	Final	U20M
T19-2		15:48	16:08	400m	Final	U20W
T20-2		15:57	16:17	400m	Final	U17M
T21-2		16:16	16:36	300m	Final	U17W
T22-2		16:34	16:54	60m	Final	U13G
T23-2		16:47	17:07	60m	Final	U17W
T24-2		16:53	17:13	60m	Final	U20W
T25-2		16:56	17:16	60m	Final	U20M
T26-2		16:59	17:19	60m	Final	U17M
T27-2		17:02	17:22	60m	Final	U13B

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F17	10:15	10:50	11:45	Shot Put	Final	U13G
F18	10:15	10:25	12:00	Pole Vault	Final	U17M
F19	10:15	10:25	12:00	Pole Vault	Final	U20M
F20	10:45	11:10	12:15	Long Jump	Final	U13B
F21	11:30	11:55	13:00	Triple Jump	Final	U20M
F22	11:30	11:55	13:00	Triple Jump	Final	U17M
F23	12:45	12:55	14:30	Pole Vault	Final	U17W
F24	12:45	12:55	14:30	Pole Vault	Final	U20W
F25	13:30	13:55	15:00	Triple Jump	Final	U20W
F26	13:30	13:55	15:00	Triple Jump	Final	U17W
F27	14:00	14:30	15:30	Shot Put	Final	U20M
F28	14:00	14:30	15:30	Shot Put	Final	U17M
F29	14:00	14:30	15:30	Shot Put AMBULANT	Final	U20M
F30	14:00	14:30	15:30	Shot Put AMBULANT	Final	U17M

**ALL ATHLETES MUST REGISTER NO LESS THAN 90  
MINUTES PRIOR TO THEIR FIRST EVENT START TIME**

**ALL ATHLETES IF COMPETING ON BOTH DAYS MUST  
KEEP THEIR NUMBERS FOR BOTH DAYS**

**ALL ATHLETES MUST REGISTER ON BOTH DAYS AT  
REGISTRATION OR THEY WILL NOT BE ALLOWED TO  
TAKE PART**