

SENIOR & U15
 TRACK & FIELD INDOOR CHAMPIONSHIPS
 FINAL TIMETABLE

SATURDAY 28TH JANUARY

TRACK TIMETABLE

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T01-1	09:30	10:40	11:00	1500m	Heats	SENW
T02-1	09:52	11:02	11:22	1500m	Heats	SENM
T03-1	10:17	11:27	11:47	400m	Heats	SENW
T04-1	10:35	11:45	12:05	400m	Heats	SENM
T05-1	11:06	12:16	12:36	60m Hurdles	Heats	SENM
T06-1	11:22	12:32	12:52	60m Hurdles	Heats	SENW
T07-1	11:38	12:48	13:08	60m Hurdles	Heats	U15G
T08-1	11:54	13:04	13:24	1500m	Straight Final	U15G
T09-1	12:12	13:22	13:42	60m	Heats	U15G
T10-1	12:24	13:34	13:54	60m	Heats	U15B
T11-1	12:30	13:40	14:00	60m	Heats	SENW
T12-1	12:45	13:55	14:15	60m	Heats	SENM
T13-1	13:09	14:19	14:39	60m	Straight Final	AMB
T14-1	13:22	14:32	14:52	1500m	Straight Final	U15B
T05-2		14:49	15:09	60m Hurdles	Final	SENM
T06-2		15:02	15:22	60m Hurdles	Final	SENW
T15-1	14:05	15:15	15:35	60m Hurdles	Straight Final	U15B
T07-2		15:28	15:48	60m Hurdles	Final	U15G
T03-2		15:41	16:01	400m	'A'+ 'B' Final	SENW
T04-2		15:47	16:07	400m	'A'+ 'B' Final	SENM
T01-2		16:03	16:23	1500m	Final	SENW
T02-2		16:11	16:31	1500m	Final	SENM
T09-2		16:28	16:48	60m	Final	U15G
T10-2		16:31	16:51	60m	Final	U15B
T11-2		16:34	16:54	60m	'A'+ 'B' Final	SENW
T12-2		16:40	17:00	60m	'A'+ 'B' Final	SENM

FIELD TIMETABLE

Event No	Register By	Call Room in	Event Time	Event	Round	Age Groups
F01-1	09:00	09:35	10:30	Long Jump Pool 'A'	Final	U15G
F01-2	09:00	09:35	10:30	Long Jump Pool 'B'	Final	U15G
F02	09:00	09:35	10:30	Long Jump	Final	U15B
F03	10:00	10:50	12:00	Pole Vault	Final	U15B
F04	10:30	11:05	12:00	Triple Jump	Final	SENM
F05	11:30	12:05	13:00	Shot	Final	SENW
F06	11:30	12:05	13:00	AMB SHOT	Final	SENW
F07	12:00	12:35	14:00	Pole Vault	Final	SENM
F08	12:30	13:05	14:00	Triple Jump	Final	SENW
F09	13:30	14:05	15:00	Shot	Final	SENM
F10	13:30	14:05	15:00	AMB SHOT	Final	SENM
F11	14:30	15:15	16:00	SEATED SHOT	Final	SM/SW
F12	14:45	15:23	16:15	Triple Jump	Final	U15B & M65
F13	14:45	15:23	16:15	Triple Jump	Final	U15G



LIVE RESULTS & START LISTS SCAN QR CODE

SUNDAY 29TH JANUARY

TRACK TIMETABLE

Event No	Register By	Call Room in	Event Time	Event	Rounds	Age Group
T16-1	09:45	10:55	11:15	300m	Heats	U15B
T17-1	09:51	11:01	11:21	300m	Heats	U15G
T18-1	10:10	11:20	11:40	800m	Heats	U15B
T19-1	10:25	11:35	11:55	800m	Heats	U15G
T20-1	10:40	11:50	12:10	800m	Heats	SENM
T21-1	11:05	12:15	12:35	800m	Heats	SENW
T22-1	11:35	12:45	13:05	200m	Heats	U15B
T23-1	11:44	12:54	13:14	200m	Heats	U15G
T24-1	12:05	13:15	13:35	200m	Heats	SENM
T25-1	12:32	13:42	14:02	200m	Heats	SENW
T26-1	13:09	14:19	14:39	3000m	Straight Final	U15B
T27-1	13:24	14:34	14:54	3000m	Straight Final	U15G
T16-2		14:59	15:19	300m	Final	U15B
T17-2		15:02	15:22	300m	Final	U15G
T18-2		15:15	15:35	800m	Final	U15B
T19-2		15:20	15:40	800m	Final	U15G
T20-2		15:25	15:45	800m	Final	SENM
T21-2		15:30	15:50	800m	Final	SENW
T22-2		15:45	16:05	200m	Final	U15B
T23-2		15:48	16:08	200m	'A'+ 'B' Final	U15G
T24-2		15:54	16:14	200m	'A'+ 'B'+ 'C' Final	SENM
T25-2		16:03	16:23	200m	'A'+ 'B'+ 'C' Final	SENW

FIELD TIMETABLE

Event No	Register By	Call Room in	Event Time	Event	Round	Age Groups
F14-1	09:00	09:35	10:30	Long Jump POOL 'A'	Final	SENW
F15	09:45	10:20	11:30	High Jump	Final	SENM
F16	09:45	10:20	11:30	High Jump	Final	U15G
F17	10:00	10:35	12:00	Pole Vault	Final	SENW
F14-2	09:00	11:25	12:20	Long Jump POOL 'B'	Final	SENW
F18	11:30	12:05	13:00	Shot	Final	U15B
F19	12:45	13:20	14:30	High Jump	Final	SENW
F20	12:45	13:20	14:30	High Jump	Final	U15B
F24-1	12:45	13:20	14:15	Long Jump POOL 'A'	Final	SENM
F21	13:00	13:50	15:00	Pole Vault	Final	U15G
F22	13:30	14:05	15:00	Shot	Final	U15G
F24-2	12:45	15:05	16:00	Long Jump POOL 'B'	Final	SENM
F23	14:30	15:05	16:00	AMB LONG JUMP	Final	SENM