

**NASUWT**  
**CUP & PLATE**  
**Final Timetable**



Ev No	REPORT TO EVENT	Start Time	Track Events	Age Group	Ev No	REPORT TO EVENT	Start Time	Track Events	Age Group
T01	11:50 AM	12:00 PM	80m Hurdles	U16B Cup	F01	11:28 AM	12:00 PM	Long Jump	U14B Cup
T02	11:55 AM	12:05 PM	80m Hurdles	U16B Plate	F02	11:28 AM	12:00 PM	Long Jump	U14B Plate
T03	12:05 PM	12:15 PM	75m Hurdles	U16G Cup	F03	11:28 AM	12:00 PM	High Jump	U16B Cup
T04	12:10 PM	12:20 PM	75m Hurdles	U16G Plate	F04	11:28 AM	12:00 PM	High Jump	U16B Plate
T05	12:20 PM	12:30 PM	75m Hurdles	U14B Cup	F05	11:28 AM	12:00 PM	Shot Put (3.00kg)	U16G Cup
T06	12:25 PM	12:35 PM	75m Hurdles	U14B Plate	F06	11:28 AM	12:00 PM	Shot Put (3.00kg)	U16G Plate
T07	12:35 PM	12:45 PM	70m Hurdles	U14G Cup	F07	11:28 AM	12:00 PM	Discus (1.25kg)	U16B Cup
T08	12:40 PM	12:50 PM	70m Hurdles	U14G Plate	F08	11:28 AM	12:00 PM	Discus (1.25kg)	U16B Plate
T09	12:50 PM	1:00 PM	1500m	U14G Cup & Plate	F09	11:28 AM	12:00 PM	Javelin (400g)	U14G Cup
T10	12:57 PM	1:07 PM	1500m	U14B Cup & Plate	F10	11:28 AM	12:00 PM	Javelin (400g)	U14G Plate
T11	1:05 PM	1:15 PM	1500m	U16G Cup & Plate	F11	12:28 PM	1:00 PM	Long Jump	U16G Cup
T12	1:12 PM	1:22 PM	1500m	U16B Cup & Plate	F12	12:28 PM	1:00 PM	Long Jump	U16G Plate
T13	1:20 PM	1:30 PM	200m	U14G Cup	F13	12:28 PM	1:00 PM	Triple Jump	U16B Cup
T14	1:23 PM	1:33 PM	200m	U14G Plate	F14	12:28 PM	1:00 PM	Triple Jump	U16B Plate
T15	1:26 PM	1:36 PM	200m	U14B Cup	F15	12:28 PM	1:00 PM	High Jump	U14G Cup
T16	1:29 PM	1:39 PM	200m	U14B Plate	F16	12:28 PM	1:00 PM	High Jump	U14G Plate
T17	1:32 PM	1:42 PM	200m	U16G Cup	F17	12:28 PM	1:00 PM	Shot Put (2.72kg)	U14G Cup
T18	1:35 PM	1:45 PM	200m	U16G Plate	F18	12:28 PM	1:00 PM	Shot Put (2.72kg)	U14G Plate
T19	1:38 PM	1:48 PM	200m	U16B Cup	F19	12:28 PM	1:00 PM	Discus (1.00kg)	U16G Cup
T20	1:41 PM	1:51 PM	200m	U16B Plate	F20	12:28 PM	1:00 PM	Discus (1.00kg)	U16G Plate
T21	1:50 PM	2:00 PM	300m	U14G Cup	F21	12:28 PM	1:00 PM	Javelin (400g)	U14B Cup
T22	1:53 PM	2:03 PM	300m	U14G Plate	F22	12:28 PM	1:00 PM	Javelin (400g)	U14B Plate
T23	1:56 PM	2:06 PM	300m	U14B Cup	F23	1:28 PM	2:00 PM	Long Jump	U14G Cup
T24	1:59 PM	2:09 PM	300m	U14B Plate	F24	1:28 PM	2:00 PM	Long Jump	U14G Plate
T25	2:02 PM	2:12 PM	300m	U16G Cup	F25	1:28 PM	2:00 PM	Triple Jump	U16G Cup
T26	2:05 PM	2:15 PM	300m	U16G Plate	F26	1:28 PM	2:00 PM	Triple Jump	U16G Plate
T27	2:08 PM	2:18 PM	300m	U16B Cup	F27	1:28 PM	2:00 PM	High Jump	U16G Cup
T28	2:11 PM	2:21 PM	300m	U16B Plate	F28	1:28 PM	2:00 PM	High Jump	U16G Plate
T29	2:20 PM	2:30 PM	100m	U14G Cup	F29	1:28 PM	2:00 PM	Shot Put (3.00kg)	U14B Cup
T30	2:23 PM	2:33 PM	100m	U14G Plate	F30	1:28 PM	2:00 PM	Shot Put (3.00kg)	U14B Plate
T31	2:26 PM	2:36 PM	100m	U14B Cup	F31	1:28 PM	2:00 PM	Discus (0.75kg)	U14G Cup
T32	2:29 PM	2:39 PM	100m	U14B Plate	F32	1:28 PM	2:00 PM	Discus (0.75kg)	U14G Plate
T33	2:32 PM	2:42 PM	100m	U16G Cup	F33	1:28 PM	2:00 PM	Javelin (600g)	U16B Cup
T34	2:35 PM	2:45 PM	100m	U16G Plate	F34	1:28 PM	2:00 PM	Javelin (600g)	U16B Plate
T35	2:38 PM	2:48 PM	100m	U16B Cup	F35	2:28 PM	3:00 PM	Long Jump	U16B Cup
T36	2:41 PM	2:51 PM	100m	U16B Plate	F36	2:28 PM	3:00 PM	Long Jump	U16B Plate
T37	2:50 PM	3:00 PM	800m	U14G Cup	F37	2:28 PM	3:00 PM	Triple Jump	U14B Cup
T38	2:55 PM	3:05 PM	800m	U14G Plate	F38	2:28 PM	3:00 PM	Triple Jump	U14B Plate
T39	3:05 PM	3:15 PM	800m	U14B Cup	F39	2:28 PM	3:00 PM	High Jump	U14B Cup
T40	3:10 PM	3:20 PM	800m	U14B Plate	F40	2:28 PM	3:00 PM	High Jump	U14B Plate
T41	3:15 PM	3:25 PM	800m	U16G Cup	F41	2:28 PM	3:00 PM	Shot Put (4.00kg)	U16B Cup
T42	3:20 PM	3:30 PM	800m	U16G Plate	F42	2:28 PM	3:00 PM	Shot Put (4.00kg)	U16B Plate
T43	3:25 PM	3:35 PM	800m	U16B Cup	F43	2:28 PM	3:00 PM	Discus (1.00kg)	U14B Cup
T44	3:30 PM	3:40 PM	800m	U16B Plate	F44	2:28 PM	3:00 PM	Discus (1.00kg)	U14B Plate
T45	3:40 PM	3:50 PM	4x100 Relay	U14G Cup	F45	2:28 PM	3:00 PM	Javelin (500g)	U16G Cup
T46	3:45 PM	3:55 PM	4x100 Relay	U14G Plate	F46	2:28 PM	3:00 PM	Javelin (500g)	U16G Plate
T47	3:50 PM	4:00 PM	4x100 Relay	U16G Cup					
T48	3:55 PM	4:05 PM	4x100 Relay	U16G Plate					
T49	4:00 PM	4:10 PM	4x100 Relay	U16B Cup					
T50	4:05 PM	4:15 PM	4x100 Relay	U16B Plate					
T51	4:10 PM	4:20 PM	4x100 Relay	U14B Cup					
T52	4:15 PM	4:25 PM	4x100 Relay	U14B Plate					

Leg Numbers to be issued for events  
T09, T10, T11, T12,  
T37, T38, T39, T40, T41, T42, T43, T44