

Saturday 18th January

Track Timetable

Event No	Reg Closes	Call Room in	Event Time	Event	Round	Age Group
T01-1	09:30	10:45	11:00	1500m	Heats	Under 17 Men
T02-1	09:45	11:00	11:15	1500m	Heats	Senior Men
T03-1	09:57	11:12	11:27	300m	Heats	Under 17 Women
T04-1	10:16	11:31	11:46	60m	Heats	Under 17 Men
T05-1	10:25	11:40	11:55	60m	Heats	Under 17 Women
T06-1	10:34	11:49	12:04	60m	Heats	Senior Women
T07-1	10:49	12:04	12:19	60m	Heats	Senior Men
T08-1	11:15	12:30	12:45	800m	Heats	Senior Women
T09-1	11:23	12:38	12:53	400m	Heats	Under 17 Men
T10-1	11:32	12:47	13:02	400m	Heats	Senior Women
T11-1	11:53	13:08	13:23	400m	Heats	Senior Men
T12-1	12:20	13:35	13:50	60m Hurdles (76.2)	Heats	Under 17 Women
T13-1	12:33	13:48	14:03	60m Hurdles (84.0)	Heats	Senior Women
T14-1	12:53	14:08	14:23	60m Hurdles (106.7)	Heats	Senior Men
T06-2	13:10	14:25	14:40	60m	Semi Finals	Senior Women
T07-2	13:19	14:34	14:49	60m	Semi Finals	Senior Men
T03-2	13:30	14:45	15:00	300m	Semi Finals	Under 17 Women
T01-2	13:40	14:55	15:10	1500m	Final	Under 17 Men
T02-2	13:47	15:02	15:17	1500m	Final	Senior Men
T15-1	13:55	15:10	15:25	60m Hurdles (76.2)	Final	Under 17 Women
T12-2	14:10	15:25	15:40	60m Hurdles (84.0)	Final	Senior Women
T13-2	14:20	15:35	15:50	60m Hurdles (91.4)	Stright Final	Under 17 Men
T14-2	14:30	15:45	16:00	60m Hurdles (106.7)	Final	Senior Men
T03-3	14:40	15:55	16:10	300m	Final	Under 17 Women
T08-2	14:50	16:05	16:20	800m	Final	Senior Women
T16-1	14:55	16:10	16:25	800m	Straight Final	Under 17 Women
T09-2	15:00	16:15	16:30	400m	Final	Under 17 Men
T10-2	15:03	16:18	16:33	400m	Semi Finals	Senior Women
T11-2	15:12	16:27	16:42	400m	Semi Finals	Senior Men
T17-1	15:25	16:40	16:55	60m	Final	Ambulant [Para] M&F
T04-2	15:30	16:45	17:00	60m	Final	Under 17 Men
T05-2	15:35	16:50	17:05	60m	Final	Under 17 Women
T06-3	15:40	16:55	17:10	60m	Final	Senior Women
T07-3	15:45	17:00	17:15	60m	Final	Senior Men

Field Timetable

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
F01	09:30	10:45	11:00	Seated Shot	Final	Ambulant
F02	09:30	10:16	11:00	Triple Jump	Final	Senior Men
F03	10:00	10:48	11:30	Pole Vault	Final	Under 17 Men
F04	11:00	11:58	12:30	Triple Jump	Final	Under 17 Men
F05	11:15	12:01	12:45	Shot Put	Final	Senior Women
F06	11:15	12:01	12:45	Shot Put	Final	Ambulant [Para] Female
F07	12:15	12:31	13:45	Pole Vault	Final	Senior Men
F08	12:15	13:01	13:45	Long Jump	Final	Senior Women
F09	13:00	13:46	14:30	Shot Put	Final	Senior Men
F10	13:00	13:46	14:30	Shot Put	Final	Ambulant [Para] Male
F11	14:10	14:58	15:40	Long Jump	Final	Under 17 Women



PLEASE NOTE: REGISTRATION WILL CLOSE FOR EACH EVENT 90 MINUTES BEFORE ITS FIRST START TIME  
ALL ATHLETES competing on Sunday must keep the numbers issued Saturday, and re register to confirm your attendance

Live Results & Start Lists SCAN QR CODE

Sunday 19th January

Track Timetable

Event No	Reg Closes	Call Room in	Event Time	Event	Rounds	Age Group
T18-1	10:30	11:45	12:00	200m	Heats	Under 17 Women
T19-1	10:51	12:06	12:21	200m	Heats	Under 17 Men
T20-1	11:09	12:24	12:39	200m	Heats	Senior Women
T21-1	11:33	12:48	13:03	200m	Heats	Senior Men
T22-1	12:05	13:20	13:35	800m	Heats	Senior Men
T23-1	12:25	13:40	13:55	800m	Heats	Under 17 Men
T10-3	13:00	14:15	14:30	400m	Final	Senior Women
T11-3	13:05	14:20	14:35	400m	Final	Senior Men
T18-2	13:10	14:25	14:40	200m	Semi Final	Under 17 Women
T19-2	13:22	14:37	14:52	200m	Semi Final	Under 17 Men
T20-2	13:34	14:49	15:04	200m	Semi Final	Senior Women
T21-2	13:46	15:01	15:16	200m	Semi Final	Senior Men
T24-1	14:05	15:20	15:35	1500m	Straight Final	Senior Women
T25-1	14:15	15:30	15:45	1500m	Straight Final	Under 17 Women
T22-2	14:30	15:45	16:00	800m	Final	Senior Men
T23-2	14:35	15:50	16:05	800m	Final	Under 17 Men
T18-3	14:40	15:55	16:10	200m	Final	Under 17 Women
T19-3	14:45	16:00	16:15	200m	Final	Under 17 Men
T20-3	14:50	16:05	16:20	200m	Final	Senior Women
T21-3	14:55	16:10	16:25	200m	Final	Senior Men

Field Timetable

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
F12	09:15	10:01	10:45	Triple Jump	Final	Senior Women
F13	09:45	10:21	11:15	High Jump	Final	Senior Men
F14	09:45	10:33	11:15	High Jump	Final	Under 17 Men
F15	09:45	10:33	11:15	Pole Vault	Final	Under 17 Women
F16	10:40	11:38	12:10	Triple Jump	Final	Under 17 Women
F17	11:00	11:50	12:30	Shot Put	Final	Under 17 Women
F18	11:00	11:50	12:30	Shot Put	Final	Under 17 Men
F19	11:35	12:21	13:05	Long Jump	Final	Senior Men
F20	11:00	12:33	13:45	Pole Vault	Final	Senior Women
F21	12:45	13:26	14:15	High Jump	Final	Senior Women
F22	12:45	13:41	14:15	High Jump	Final	Under 17 Women
F23	13:30	14:18	15:00	Long Jump	Final	Under 17 Men
F24	13:30	14:18	15:00	Long Jump	Final	Ambulant [Para] M&F



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