

**SATURDAY 3RD FEBRUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T01-1	09:30	10:40	11:00	400m	Heats	U20M
T02-1	09:45	10:55	11:15	400m	Heats	U20W
T03-1	09:57	11:07	11:27	400m	Heats	U17M
T04-1	10:08	11:18	11:38	300m	Heats	U17W
T05-1	10:30	11:40	12:00	60m Hurdles	Heats	U20W
T06-1	10:40	11:50	12:10	1500m	Heats	U17M
T07-1	10:57	12:07	12:27	60m	Heats	U13G
T08-1	11:12	12:22	12:42	60m	Heats	U17W
T09-1	11:24	12:34	12:54	60m	Heats	U20W
T10-1	11:36	12:46	13:06	60m	Heats	U20M
T01-2	11:55	13:05	13:25	400m	Semi Final	U20M
T02-2		13:11	13:31	400m	Semi Final	U20W
T03-2		13:17	13:37	400m	Final	U17M
T04-2		13:30	13:50	300m	Semi Final	U17W
T11-1	12:40	13:50	14:10	60m	Heats	U13B
T12-1	12:46	13:56	14:16	60m	Heats	U17M
T07-2		14:05	14:25	60m	Semi Final	U13G
T08-2		14:17	14:37	60m	Semi Final	U17W
T09-2		14:23	14:43	60m	Semi Final	U20W
T10-2		14:29	14:49	60m	Semi Final	U20M
T13-1	13:25	14:35	14:55	[Para] 60m	Final	AMB
T14-1	13:35	14:45	15:05	1500m	Final	U20W
T15-1	13:42	14:52	15:12	1500m	Final	U17W
T16-1	13:50	15:00	15:20	1500m	Final	U13B
T17-1	13:57	15:07	15:27	1500m	Final	U13G
T18-1	14:05	15:15	15:35	1500m	Final	U20M
T06-2	14:12	15:22	15:42	1500m	Final	U17M
T19-1		15:30	15:50	60m Hurdles	Final	U20M
T20-1		15:40	16:00	60m Hurdles	Final	U17M
T05-2	14:40	15:50	16:10	60m Hurdles	Final	U20W
T21-1	14:50	16:00	16:20	60m Hurdles	Final	U17W
T22-1	15:00	16:10	16:30	60m Hurdles	Final	U13B
T23-1		16:20	16:40	60m Hurdles	Final	U13G
T01-3		16:25	16:45	400m	Final	U20M
T02-3		16:28	16:48	400m	Final	U20W
T04-3		16:35	16:55	300m	Final	U17W
T11-2		16:39	16:59	60m	Final	U13B
T12-2		16:42	17:02	60m	Final	U17M
T07-3		16:45	17:05	60m	Final	U13G
T08-3		16:48	17:08	60m	Final	U17W
T09-3		16:51	17:11	60m	Final	U20W
T10-3		16:54	17:14	60m	Final	U20M

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F01	10:15	10:58	11:45	Shot Put	Final	U13G
F02	10:30	10:35	12:00	Pole Vault	Final	U17M
F03	10:30	10:35	12:00	Pole Vault	Final	U20M
F04	10:45	11:28	12:15	Long Jump	Final	U13B
F05	11:15	12:02	12:45	Triple Jump	Final	U20M
F06	11:15	12:02	12:45	Triple Jump	Final	U17M
F07	12:30	12:35	14:00	Pole Vault	Final	U17W
F08	12:30	12:35	14:00	Pole Vault	Final	U20W
F11	12:45	13:28	14:45	Shot Put	Final	U20M
F12	12:45	13:38	14:45	Shot Put	Final	U17M
F09	13:15	13:52	14:15	Triple Jump	Final	U20W
F10	13:15	14:20	14:15	Triple Jump	Final	U17W
F13	14:15	15:12	15:45	Amb [Para] Long Jump	Final	U20M/U20W
F14	14:15	15:16	15:45	Amb [Para] Long Jump	Final	U17M/U17W

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



**ALL ATHLETES taking part tomorrow must keep their numbers issued to them today, they also need to re register 90 minutes before their first event and show their numbers issued Saturday**

**ALL ATHLETES MUST GO THROUGH THE CALL ROOM FOR ALL EVENTS. CALL ROOM IS SITUATED ON THE LEFT OF THE BUILDING IN THE EXTENTION ADJACENT TO THE WARM UP AREA**

**SUNDAY 4TH FEBRUARY**

**TRACK TIMETABLE**

Event No	Register By	Call Room in	Event Time	Event	Round	Age Group
T24-1	09:30	10:40	11:00	800m	Heats	U17W
T25-1	09:45	10:55	11:15	800m	Heats	U17M
T26-1	09:55	11:05	11:25	800m	Heats	U20W
T27-1	10:05	11:15	11:35	800m	Heats	U20M
T28-1	10:25	11:35	11:55	200m	Heats	U13G
T29-1	10:49	11:59	12:19	200m	Heats	U13B
T30-1	11:01	12:11	12:31	200m	Heats	U17W
T31-1	11:25	12:35	12:55	200m	Heats	U17M
T32-1	11:43	12:53	13:13	200m	Heats	U20W
T33-1	11:58	13:08	13:28	200m	Heats	U20M
T34-1	12:20	13:30	13:50	3000m	Final	U17M & U17W
T35-1	12:35	13:45	14:05	800m	Time Trials	U13G
T36-1	12:50	14:00	14:20	800m	Time Trials	U13B
T28-2	13:10	14:20	14:40	200m	Semi Final	U13G
T29-2	13:22	14:32	14:52	200m	Semi Final	U13B
T30-2	13:28	14:38	14:58	200m	Semi Final	U17W
T31-2	13:40	14:50	15:10	200m	Semi Final	U17M
T32-2	13:49	14:59	15:19	200m	Semi Final	U20W
T33-2	13:55	15:05	15:25	200m	Semi Final	U20M
T37-1	14:15	15:25	15:45	1K Walk	Final	U13 & U15
T24-2	14:25	15:35	15:55	800m	Final	U17W
T25-2	14:30	15:40	16:00	800m	Final	U17M
T26-2	14:35	15:45	16:05	800m	Final	U20W
T27-2	14:40	15:50	16:10	800m	Final	U20M
T28-3	14:45	15:55	16:15	200m	Final	U13G
T29-3	14:48	15:58	16:18	200m	Final	U13B
T30-3	14:51	16:01	16:21	200m	Final	U17W
T31-3	14:54	16:04	16:24	200m	Final	U17M
T32-3	14:57	16:07	16:27	200m	Final	U20W
T33-3	15:00	16:10	16:30	200m	Final	U20M

**FIELD TIMETABLE**

Event No	Register By	Call Room in	Field Time	Event	Round	Age Groups
F15	09:15	at Event	10:45	Seated Shot	Final	AMB
F16	09:30	09:56	11:00	High Jump	Final	U17W
F17	09:30	09:56	11:00	High Jump	Final	U20W
F18	09:30	10:25	11:00	Long Jump	Final	U20M
F19	10:40	11:24	12:10	Shot Put	Final	U17W
F20	11:00	11:41	12:30	Long Jump	Final	U17M
F21	11:30	11:43	13:00	High Jump	Final	U13G
F22	11:30	11:43	13:00	High Jump	Final	U13B
F23	11:30	12:03	13:00	Long Jump	Final	U17W
F24	12:10	13:00	13:40	Shot Put	Final	U20W
F25	12:10	13:00	13:40	Amb [para] U17M Shc	Final	AMB
F26	12:30	13:07	14:00	Long Jump	Final	U20W
F27	13:25	13:54	14:55	High Jump	Final	U20M
F28	13:30	13:59	14:55	High Jump	Final	U17M
F29	13:25	14:19	15:00	Shot Put	Final	U13B
F30	14:10	14:41	15:40	Long Jump	Final	U13G

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