**TRACK TIMETABLE FOR DAY 1**

Saturday 2nd February 2019

**STARTING BLOCKS MAYBE USED IN HEATS AND FINALS BY UNDER 20 AND SENIOR ATHLETES**

**AND BY UNDER 17, UNDER 15 AND UNDER 13 ATHLETES IN FINALS ONLY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| T01 | 13:30 | Senior Men | 1 mile walk | Final | 3 |
| T02 | 13:30 | U20 Men | 1 Mile walk | Final | 1 |
| T03 | 13:30 | Senior Women | 1 mile walk | Final | 3 |
| T04 | 13:30 | U17 Women | 1 Mile walk | Final | 1 |
| T05 | 13.30 | U13 Girls | 1 mile walk | Final | 1 |
| T06 | 13:45 | U15 Girls | 60m Hurdles | Heats to Semi-Final T19 | 23 |
| T07 | 13:58 | U17 Women | 60m Hurdles | Heats to Semi-Final T18 | 23 |
| T08 | 14:10 | U17 Men | 60m | Heats to Semi Final T28 | 36 |
| T09 | 14.28 | U13 Girls | 60m | Heats to Final T26 | 22 |
| T10 | 14:40 | U15 Girls | 60m | Heats to Semi-Final T27 | 41 |
| T11 | 15.00 | U17 Women | 60m | Heats to Semi Final T25 | 26 |
| T12 | 15.15 | Senior Men | 60m Hurdles | Final | 4 |
| T13 | 15:20 | U20 Men | 60m Hurdles | Final | 6 |
| T14 | 15.25 | U17 Men | 60m Hurdles | Heats to Final T39 | 13 |
| T15 | 15.35 | Senior Women | 60m Hurdles | Final | 2 |
| T16 | 15.40 | U20 Women | 60m Hurdles | Heats to Final T38 | 7 |
| T17 | 15.47 | U15 Boys | 60m Hurdles | Heats to Final T37 | 8 |
| T18 | 15:52 | U17 Women | 60m Hurdles | Semi-Final to Final T36 |  |
| T19 | 16:02 | U15 Girls | 60m Hurdles | Semi-Final to Final T35 |  |
| T20 | 16:10 | U13 Girls | 60m Hurdles | Heats to Final T33 | 8 |
| T21 | 16.20 | Masters Men | 60m | Final | 4 |
| T22 | 16:24 | Masters Women | 60m | Final | 3 |
| T23 | 16.28 | U13 Boys | 60m | Heats to Final T41 | 14 |
| T24 | 16:38 | U15 Boys | 60m | Heats to Final T43 | 14 |
| T25 | 16:48 | U17 Women | 60m | Semi-Final to Final T44 |  |
| T26 | 17;00 | U13 Girls | 60m | Semi-Final to Final T40 |  |
| T27 | 17;08 | U15 Girls | 60m | Semi-Final to Final T42 |  |
| T28 | 17:17 | U17 Men | 60m | Semi-Final to Final T45 |  |
| T29 | 17:27 | U20 Women | 60m | Heats to Final T46 | 18 |
| T30 | 17.37 | U20 Men | 60m | Heats to Final T47 | 17 |
| T31 | 17:45 | Senior Men | 60m | Heats to Final T48 | 14 |
| T32 | 17.55 | Senior Women | 60m | Heats to Final T49 | 10 |
| T33 | 18:02 | U13 Girls | 60m Hurdles | Final |  |
| T34 | 18:06 | U13 Boys | 60m Hurdles | Final | 3 |
| T35 | 18:10 | U15 Girls | 60m Hurdles | Final |  |
| T36 | 18:14 | U17 Women | 60m Hurdles | Final |  |
| T37 | 18:18 | U15 Boys | 60m Hurdles | Final |  |
| T38 | 18:22 | U20 Women | 60m Hurdles | Final |  |
| T39 | 18:26 | U17 Men | 60m Hurdles | Final |  |
| T40 | 18:29 | U13 Girls | 60m | Final |  |
| T41 | 18:32 | U13 Boys | 60m | Final |  |
| T42 | 18:35 | U15 Girls | 60m | Final |  |
| T43 | 18:38 | U15 Boys | 60m | Final |  |
| T44 | 18:41 | U17 Women | 60m | Final |  |
| T45 | 18:44 | U17 Men | 60m | Final |  |
| T46 | 18.47 | U20 Women | 60m | Final |  |
| T47 | 18:50 | U20 Men | 60m | Final |  |
| T48 | 18:53 | Senior Men | 60m | Final |  |
| T49 | 18:56 | Senior Women | 60m | Final |  |
|  |  |  |  |  |  |

**FIELD TIMETABLE FOR DAY 1**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| F01 | 13:00 | U13 Boys | | | Long Jump | | Final | | 12 |
| F02 | 13:00 | Senior Women | | | Shot Putt | | Final | | 8 |
| F03 | 13:00 | U20 Women | | | Shot Putt | | Final | | 7 |
| F04 | 13:00 | U17 Women | | | Shot Putt | | Final | | 13 |
| F05 | 14:30 | U15 Girls | | | Long Jump | | Final | | 19 |
| F06 | 14.30 | Senior Women | | | Pole Vault | | Final | | 6 |
| F07 | 14.30 | U20 Women | | | Pole Vault | | Final | | 1 |
| F08 | 14:30 | U17 Women | | | Pole Vault | | Final | | 2 |
| F09 | 14:30 | U15 Girls | | | Pole Vault | | Final | | 6 |
| F10 | 15:15 | U15 Girls | | | Shot Putt | | Final | | 8 |
| F11 | 15.15 | U13 Girls | | | Shot Putt | | Final | | 2 |
| F12 | 15:30 | U15 Boys | | | Long Jump | | Final | | 8 |
| F13 | 16:30 | Senior Men | | | Shot Putt | | Final | | 5 |
| F14 | 16:30 | U20 Men | | | Shot Putt | | Final | | 3 |
| F15 | 16.30 | U17 Man | | | Shot Putt | | Final | | 5 |
| F16 | 17:00 | U13 Girls | | | Long Jump | | Final | | 10 |
| F17\* | 17:00 | U15 Boys | | | Shot Putt\* | | Final | | 4 |
| F18\* | 17:00 | U13 Boys | | | Shot Putt\* | | Final | | 2 |
| \* On the Upper Level | | |  |  | |  | |

**TRACK TIMETABLE FOR DAY 2**

Sunday 3rd February 2019

**STARTING BLOCKS MAYBE USED IN HEATS AND FINALS BY UNDER 20 AND SENIOR ATHLETES**

**AND BY UNDER 17, UNDER 15 AND UNDER 13 ATHLETES IN FINALS ONLY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| T101 | 10:30 | U17 Women | 300m | Heats to Final T134 | 22 |
| T102 | 10:45 | U15 Girls | 300m | Heats to Final T135 | 13 |
| T103 | 10.55 | Masters Women | 300m | Final | 3 |
| T104 | 11:00 | Senior Women | 200m | Final | 6 |
| T105 | 11:05 | U20 Women | 200m | Heats to Final T144 | 17 |
| T106 | 11.15 | U13 Girls | 200m | Heats to Final T145 | 14 |
| T107 | 11:25 | U13 Boys | 200m | Heats to Final T146 | 13 |
| T108 | 11:35 | U15 Boys | 200m | Heats to Final T147 | 10 |
| T109 | 11:45 | U17 Men | 200m | Heats to Semi-Final T124 | 26 |
| T110 | 12:00 | U17 Women | 200m | Heats to Semi-Final T125 | 24 |
| T111 | 12:15 | U15 Girls | 200m | Heats to Semi-Final T126 | 32 |
| T112 | 12.30 | U20 Men | 200m | Heats to Final T157 | 7 |
| T113 | 12:35 | Senior Men | 200m | Heats to Final T158 | 7 |
| T114 | 12:40 | Senior Women | 800m | Final | 7 |
| T115 | 12:45 | U17 Men | 800m | Final | 5 |
| T116 | 12:50 | U17 Women | 800m | Final | 9 |
| T117 | 12:55 | Senior Men | 800m | Final | 8 |
| T118 | 13:00 | U20 Women | 800m | Final | 3 |
| T119 | 13:05 | U15 Girls | 800m | Heats to Final T151 | 23 |
| T120 | 13:20 | U20 Men | 800m | Final | 6 |
| T121 | 13:25 | U15 Boys | 800m | Final | 4 |
| T122 | 13:30 | U13 Boys | 800m | Final | 6 |
| T123 | 13:35 | U13 Girls | 800m | Final | 15 |
| T124 | 13:45 | U17 Men | 200m | Semi-Final to Final T148 |  |
| T125 | 13:52 | U17 Women | 200m | Semi-Final to Final T149 |  |
| T126 | 14:00 | U15 Girls | 200m | Semi-Final to Final T150 |  |
| T127 | 14:12 | Senior Women | 400m | Heats to Final T152 | 11 |
| T128 | 14.20 | U20 Women | 400m | Heats to Final T155 | 9 |
| T129 | 14.28 | Senior Men | 400m | Heats to Final T156 | 9 |
| T130 | 14:36 | U20 Men | 400m | Heats to Final T153 | 11 |
| T131 | 14.44 | U17 Men | 400m | Heats to Final T154 | 11 |
| T132 | 14.52 | Masters Men | 300m | Final | 6 |
| T133 | 14:57 | U15 Boys | 300m | Final | 3 |
| T134 | 15.02 | U17 Women | 300m | Final |  |
| T135 | 15.07 | U15 Girls | 300m | Final |  |
| T136 | 15:12 | U20 Men | 1500m | Final | 5 |
| T137 | 15:12 | U17 Men | 1500m | Final | 1 |
| T138 | 15.22 | Masters Women | 1500m | Final | 1 |
| T139 | 15:22 | Senior Women | 1500m | Final | 4 |
| T140 | 15:22 | U20 Women | 1500m | Final | 2 |
| T141 | 15:22 | U17 Women | 1500m | Final | 6 |
| T142 | 15.32 | Masters Men | 1500m | Final | 6 |
| T143 | 15.32 | Senior Men | 1500m | Final | 4 |
| T144 | 15:40 | U20 Women | 200m | Final |  |
| T145 | 15:45 | U13 Girls | 200m | Final |  |
| T146 | 15:50 | U13 Boys | 200m | Final |  |
| T147 | 15:55 | U15 Boys | 200m | Final |  |
| T148 | 16:00 | U17 Men | 200m | Final |  |
| T149 | 16:05 | U17 Women | 200m | Final |  |
| T150 | 16:10 | U15 Girls | 200m | Final |  |
| T151 | 16:15 | U15 Girls | 800m | Final |  |
| T152 | 16:20 | Senior Women | 400m | Final |  |
| T153 | 16:25 | U20 Men | 400m | Final |  |
| T154 | 16.30 | U17 Men | 400m | Final |  |
| T155 | 16:35 | U20 Women | 400m | Final |  |
| T156 | 16:40 | Senior Women | 400m | Final |  |
| T157 | 16:45 | U20 Men | 200m | Final |  |
| T158 | 16:50 | Senior Men | 200m | Final |  |

**FIELD TIMETABLE FOR DAY 2**

Sunday 3rd February 2019

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| F101 | 10:00 | U20 Men | Long Jump | Final | 6 |
| F102 | 10:00 | U17 Men | Long Jump | Final | 12 |
| F103 | 10:00 | Senior Women | High Jump | Final | 3 |
| F104 | 10:00 | U20 Women | High Jump | Final | 4 |
| F105 | 10:00 | U17 Women | High Jump | Final | 7 |
| F106 | 10:30 | U17 Men | Pole Vault | Final | 4 |
| F107 | 10:30 | U15 Boys | Pole Vault | Final | 2 |
| F108 | 11:00 | Senior Men | Long Jump | Final | 5 |
| F109 | 11.45 | U17 Women | Long Jump | Final | 18 |
| F110 | 12:00 | U15 Boys | High Jump | Final | 2 |
| F111 | 12:00 | U13 Boys | High Jump | Final | 4 |
| F112 | 12:00 | Senior Women | Long Jump | Final | 5 |
| F113 | 12:00 | U20 Women | Long Jump | Final | 7 |
| F114 | 12:30 | U15 Girls | High Jump | Final | 14 |
| F115 | 12:30 | U13 Girls | High Jump | Final | 0 |
| F116 | 14:00 | Senior Men | Pole Vault | Final | 4 |
| F117 | 14:00 | U20 Men | Pole Vault | Final | 2 |
| F118 | 14:00 | Senior Men | Triple Jump | Final | 3 |
| F119 | 14:00 | U20 Men | Triple Jump | Final | 7 |
| F120 | 14:00 | U17 Men | Triple Jump | Final | 8 |
| F121 | 14:15 | U17 Women | Triple Jump | Final | 3 |
| F122 | 14:30 | U17 Men | High Jump | Final | 7 |
| F123 | 15:00 | Senior Men | High Jump | Final | 2 |
| F124 | 15:00 | U20 Men | High Jump | Final | 2 |
| F125 | 15:30 | Senior Women | Triple Jump | Final | 3 |
| F126 | 15:30 | U20 Women | Triple Jump | Final | 5 |