**TRACK TIMETABLE FOR DAY 1**

Saturday 8th February 2020

**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**

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|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| T01 | 13:30 |  | Senior Men | 1 Mile Walk | Final | 4 |
| T02 | 13:30 |  | U20 Men | 1 Mile Walk | Final | 1 |
| T03 | 13:30 |  | Senior Women | 1 Mile Walk | Final | 5 |
| T04 | 13:45 |  | U15 Girls | 60m Hurdles | Heats to Semi-Final T19 | 21 |
| T05 | 13:58 |  | U17 Women | 60m Hurdles | Heats to Semi-Final T18 | 22 |
| T06 | 14:10 |  | U17 Men  | 60m | Heats to Semi Final T14 | 25 |
| T07 | 14:22 |  | U13 Girls | 60m  | Heats to Final T26 | 12 |
| T08 |  14:30 |  | U15 Girls | 60m | Heats to Semi-Final T27 | 37 |
| T09 | 14:50 |  | U17 Women | 60m | Heats to Semi Final T25 | 30 |
| T10 | 15:10 |  | U15 Boys | 60m | Heats to Semi-Final T24 | 25 |
| T11 | 15:25 |  | Senior Men | 60m Hurdles | Final | 6 |
| T12 | 15:29 |  | U20 Men  | 60m Hurdles | Final  | 4 |
| T13 | 15:34 |  | Masters Men | 60m Hurdles |  | 2 |
| T14 | 15:38 |  | U17 Men | 60m Hurdles | Heats to Final T39 | 15 |
| T15 | 15.45 |  | Senior Women | 60m Hurdles | Final  | 3 |
| T16 | 15:48 |  | U20 Women | 60m Hurdles | Heats to Final T38 | 9 |
| T17 | 15.55 |  | U15 Boys | 60m Hurdles | Heats to Final T37 | 9 |
| T18 | 16:02 |  | U17 Women | 60m Hurdles | Semi-Final to Final T36 |  |
| T19 | 16:09 |  | U15 Girls | 60m Hurdles | Semi-Final to Final T35 |  |
| T20 | 16:16 |  | U13 Girls | 60m Hurdles | Heats to Final T33 | 12 |
| T21 | 16.23 |  | Masters Men | 60m | Heats to Final T40 | 9 |
| T22 | 16:29 |  | Masters Women | 60m | Final | 3 |
| T23 | 16.32 |  | U13 Boys  | 60m | Final | 6 |
| T24 | 16:35 |  | U15 Boys | 60m | Semi-Final to Final T42 |  |
| T25 | 16:42 |  | U17 Women | 60m | Semi-Final to Final T43 |  |
| T26 | 16:49 |  | U13 Girls  | 60m  | Final  |  |
| T27 | 16:52 |  | U15 Girls  | 60m  | Semi-Final to Final T41 |  |
| T28 | 16:59 |  | U17 Men | 60m  | Semi-Final to Final T44 |  |
| T29 | 17:06 |  | U20 Women | 60m  | Heats to Final T45 | 11 |
| T30 | 17:13 |  | U20 Men | 60m  | Heats to Final T46 | 20 |
| T31 | 17:23 |  | Senior Men | 60m | Heats to Final T47 | 19 |
| T32 | 17.33 |  | Senior Women | 60m | Heats to Final T48 | 11 |
| T33 | 17:37 |  | U13 Girls | 60m Hurdles | Final |  |
| T34 | 17:41 |  | U13 Boys | 60m Hurdles | Final | 5 |
| T35 | 17:45 |  | U15 Girls | 60m Hurdles | Final |  |
| T36 | 17:49 |  | U17 Women | 60m Hurdles | Final |  |
| T37 | 17:53 |  | U15 Boys | 60m Hurdles | Final |  |
| T38 | 17:57 |  | U20 Women | 60m Hurdles | Final |  |
| T39 | 18:01 |  | U17 Men | 60m Hurdles | Final |  |
| T40 | 18:05 |  | Masters Men | 60m | Final |  |
| T41 | 18:09 |  | U15 Girls | 60m | Final |  |
| T42 | 18:13 |  | U15 Boys | 60m | Final |  |
| T43 | 18:17 |  | U17 Women | 60m | Final |  |
| T44 | 18:21 |  | U17 Men | 60m | Final |  |
| T45 | 18:25 |  | U20 Women | 60m | Final |  |
| T46 | 18:29 |  | U20 Men | 60m | Final |  |
| T47 | 18:33 |  | Senior Men | 60m | Final |   |
| T48 | 18:37 |  | Senior Women | 60m | Final |  |

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| **FIELD TIMETABLE FOR DAY 1****Saturday 8th February 2020** |
|   |  |  |  |  |  |  |
| F01 | 13:00 | U13 Boys | Long Jump | Final |  | 7 |
| F02 | 13:00 | Senior Women  | Shot Putt | Final |  | 7 |
| F03 | 13:00 | U20 Women  | Shot Putt | Final |  | 5 |
| F04 | 13:00 | U17 Women  | Shot Putt | Final |  | 15 |
| F05 | 14.00 | Senior Women | Pole Vault | Final |  | 8 |
| F06 | 14.00 | U20 Women  | Pole Vault | Final |  | 0 |
| F07 | 14.00 | U17 Women  | Pole Vault | Final |  | 3 |
| F08 | 14.00 | U15 Girls | Pole Vault | Final |  | 5 |
| F09 | 14.15 | U15 Girls  | Long Jump | Final |  | 26 |
| F10 | 15:15 | U15 Girls | Shot Putt | Final |  | 13 |
| F11 | 15.15 | U13 Girls | Shot Putt | Final |  | 6 |
| F12 | 15:30 | U15 Boys  | Long Jump | Final |  | 15 |
| F13 | 16:30 | Senior Men | Shot Putt | Final |  | 8 |
| F14 | 16:30 | U20 Men | Shot Putt | Final |  | 1 |
| F15 | 16.30 | U17 Man | Shot Putt | Final |  | 3 |
| F16 | 17:00 | U13 Girls  | Long Jump | Final |  | 9 |
| F17\* | 17:00 | U15 Boys | Shot Putt\* | Final |  | 4 |
| F18\* | 17:00 | U13 Boys  | Shot Putt\* | Final |  | 4 |

**TRACK TIMETABLE FOR DAY 2**

Sunday 9th February 2020

**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 Semi-Final T133 | 25 |
| T102 | 10:42 |  | U15 Girls  | 300m | Heats to Final T134 | 13 |
| T103 | 10.51 |  | Masters Women | 300m | Final | 1 |
| T104 | 10:54 |  | Masters Men | 300m  | Heats to Final T135 | 7 |
| T105 | 11:02 |  | Senior Women | 200m | Heats to Final T143 | 7 |
| T106 | 11:08 |  | U20 Women  | 200m | Heats to Final T144 | 11 |
| T107 | 11.14 |  | U13 Girls  | 200m | Heats to Final T145 | 12 |
| T108 | 11:20 |  | U13 Boys | 200m | Final | 6 |
| T109 | 11:35 |  | U15 Boys | 200m | Heats to Semi-Final T125 | 23 |
| T110 | 11:48 |  | U17 Men  | 200m | Heats to Semi-Final T146 | 19 |
| T111 | 12:00 |  | U17 Women  | 200m | Heats to Semi-Final T126 | 27 |
| T112 | 12:15 |  | U15 Girls | 200m | Heats to Semi-Final T127 | 28 |
| T113 | 12.30 |  | U20 Men | 200m | Heats to Final T157 | 9 |
| T114 | 12:36 |  | Senior Men | 200m | Heats to Final T153 | 11 |
| T115 | 12:42 |  | Senior Women  | 800m | Final | 6 |
| T116 | 12:47 |  | U17 Men  | 800m | Final | 6 |
| T117 | 12:52 |  | U17 Women | 800m | Heats to Final T162 | 12 |
| T118 | 13:02 |  | Senior Men | 800m | Heats to Final T163 | 10 |
| T119 | 13:10 |  | U20 Women | 800m | Final  | 5 |
| T120 | 13:15 |  | U15 Girls | 800m | Heats to Final T148 | 17 |
| T121 | 13:25 |  | U20 Men | 800m | Heats to Final T164 | 9 |
| T122 | 13:35 |  | U15 Boys | 800m | Heats to Final T147 | 14 |
| T123 | 13:45 |  | U13 Boys | 800m | Final  | 5 |
| T124 | 13:50 |  | U13 Girls | 800m | Final | 11 |
| T125 | 14:00 |  | U15 Boys | 200m | Semi-Final to Final T154 |  |
| T126 | 14:07 |  | U17 Women | 200m | Semi-Final to Final T155 |  |
| T127 | 14:14 |  | U15 Girls | 200m | Semi-Final to Final T156 |  |
| T128 | 14:21 |  | Senior Women  | 400m | Heats to Final T152 | 12 |
| T129 | 14.29 |  | U20 Women | 400m | Heats to Final T159 | 10 |
| T130 | 14:37 |  | Senior Men | 400m | Heats to Final T161 | 9 |
| T131 | 14:45 |  | U20 Men | 400m | Heats to Final T160 | 8 |
| T132 | 14:52 |  | U17 Men | 400m | Heats to Final T158 | 10 |
| T133 | 15:00 |  | U17 Women | 300m | Semi-Final to Final T151 |  |
| T134 | 15.08 |  | U15 Girls | 300m | Final |  |
| T135 | 15:12 |  | Masters Men | 300m | Final | 6 |
| T136 | 15:15 |  | U20 Men | 1500m | Final | 3 |
| T137 | 15:15 |  | U17 Men | 1500m | Final | 4 |
| T138 | 15:22 |  | Senior Women | 1500m | Final | 2 |
| T139 | 15:22 |  | U20 Women | 1500m | Final | 3 |
| T140 | 15:22 |  | U17 Women | 1500m | Final | 6 |
| T141 | 15:30 |  | Senior Men | 1500m | Final | 7 |
| T142 | 15.35 |  | Masters Men | 1500m | Final | 9 |
| T143 | 15:42 |  | Senior Women | 200m | Final |  |
| T144 | 15:45 |  | U20 Women | 200m | Final |  |
| T145 | 15:48 |  | U13 Girls | 200m | Final |  |
| T146 | 15:51 |  | U17 Men | 200m | Final |  |
| T147 | 15:55 |  | U15 Boys  | 800m  | Final |  |
| T148 | 16:00 |  | U15 Girls | 800m  | Final |  |
| T149 | 16:05 |  | Senior Women | 400m  | Final |  |
| T150 | 16:10 |  | U15 Boys | 300m | Final | 4 |
| T151 | 16:15 |  | U17 Women | 300m | Final |  |
| T152 | 16:20 |  | U20 Women | 200m | Final |  |
| T153 | 16:24 |  | Senior Men | 200m  | Final |  |
| T154 | 16:28 |  | U15 Boys  | 200m  | Final |  |
| T155 | 16:32 |  | U17 Women | 200m  | Final |  |
| T156 | 16:35 |  | U15 Girls | 200m | Final  |  |
| T157 | 16:38 |  | U20 Men | 200m | Final |  |
| T158 | 16:41 |  | U17 Men | 400m | Final |  |
| T159 | 16:45 |  | U20 Women | 400m | Final |  |
| T160 | 16:49 |  | U20 Men  | 400m | Final |  |
| T161 | 16:53 |  | Senior Men | 400m | Final |  |
| T162 | 16:57 |  | U17 Women | 800m | Final |  |
| T163 | 17:02 |  | Senior Men | 800m | Final |  |
| T164 | 17:06 |  | U20 Men  | 800m | Final |  |

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| **FIELD TIMETABLE FOR DAY** **Sunday 9th February 2020** |
|  |  |  |  |  |  |
| F101 | 10:00 | U20 Men | Long Jump | Final | 8 |
| F102 | 10:00 | Senior Men | Long Jump | Final | 10 |
| F103 | 10:00 | U17 Men  | Long Jump | Final | 15 |
| F104 | 10:00 | Senior Women  | High Jump | Final | 4 |
| F105 | 10:00 | U20 Women | High Jump | Final | 6 |
| F106 | 10:00 | U17 Women  | High Jump | Final | 9 |
| F107  | 12:00 | U17 Men | Pole Vault | Final | 4 |
| F108 | 12:00 | U15 Boys | Pole Vault | Final | 0 |
| F109 | 12:00 | U17 Women | Long Jump | Final | 15 |
| F110 | 12:00 | U15 Boys | High Jump | Final | 7 |
| F111 | 12:00 | U13 Boys | High Jump | Final | 2 |
| F112 | 12:00 | U13 Girls | High Jump | Final | 6 |
| F113 | 12:00 | Senior Women  | Long Jump | Final | 5 |
| F114 | 12:00 | U20 Women | Long Jump | Final | 5 |
| F115 | 13:45 | Senior Men  | Triple Jump | Final | 2 |
| F116 | 13:45 | U20 Men  | Triple Jump | Final | 4 |
| F117 | 14:00 | Senior Men | Pole Vault | Final | 5 |
| F118 | 14:00 | U20 Men | Pole Vault | Final | 3 |
| F119 | 14:00 | U17 Women | Triple Jump | Final | 7 |
| F120 | 14:00 | U17 Men | High Jump | Final | 12 |
| F121 | 15:30 | U15 Girls | High Jump | Final | 9 |
| F122 | 15:30 | U17 Men  | Triple Jump | Final | 11 |
| F123 | 15:30 | Senior Men | High Jump | Final | 1 |
| F124 | 15:30 | U20 Men  | High Jump | Final | 5 |
| F125 | 15:30 | Senior Women | Triple Jump | Final | 4 |
| F126 | 15:30 | U20 Women  | Triple Jump | Final | 7 |