

# National Indoor Championships



## DAY 1 SATURDAY 26TH TIMETABLE

10.00	3k Walk	Final	Women
10:20	5k Walk	Final	Men
11:00	200m	Heats	Women
11:24	200m	Heats	Men
12:20	3000m	Final	Men
13:10	60mH	Heats	Women
13:25	60mH	Heats	Men
13:40	800m	Heats	Women
13:55	800m	Heats	Men
14:20	200m	Final	Women
14:30	200m	Final	Men
14:40	1500m	Heats	Women
14:54	1500m	Heats	Men
15:25	400m	Heats	Women
16:05	400m	Heats	Men
17:00	60mH	Final	Women
17:10	60mH	Final	Men

11:00	PV Warm Up	Women
12:00	Pole Vault	Women
12:15	Long Jump	Men
13:00	Shot Put	Men
14:00	Triple Jump	Women
15:00	High Jump	Men
15:15	WFD	Women

### Please note:

If heats not required, Final to be held at Final Time.

3000m will be done as Seeded Finals if required.

**WALK Event :**  
Check in closes 60 mins before scheduled start time.

**All other Events :**  
Check in closes 90 mins before scheduled start time.

## DAY 2 SUNDAY 27TH TIMETABLE

11:00	60m	Heats	Men
12:00	3000m	Final	Women
12:30	60m	Semi	Women
12:50	60m	Semi	Men
13:10	1500m	Final	Men
13:20	1500m	Final	Women
13:35	400m	Final	Women
13:45	400m	Final	Men
14:00	60m	Final	Women
14:10	60m	Final	Men
14:25	800m	Final	Women
14:35	800m	Final	Men
14:50	4x200m	Final	Women
15:00	4x200m	Final	Men
11:00	PV Warm Up	Men	
11:00	Long Jump	Women	
11:50	Shot Put	Women	
12:00	Pole Vault	Men	
13:00	High Jump	Women	
13:30	Triple Jump	Men	
14.00	WFD	Men	