

Saturday 22nd February

Track					Field		
12:00	400m	W	Heats				
12:20	400m	M	Heats				
12:50	1500m	W	Heats	13:15	High Jump	Women	
13:05	1500m	M	Heats	15:15	High Jump	Men	
13:25	200m Sprint	W	Heats				
14:00	200m Sprint	M	Heats	11:45	Weight	Women	
14:25	60m Hurdles	M	Heats	12:45	Weight	Men	
14:35	60m Hurdles	W	Heats				
14:50	800m	W	Heats	14:00	Triple Jump	Men	
15:05	800m	M	Heats	15:45	Triple Jump	Women	
15:30	200m Sprint	W	Final				
15:40	200m Sprint	M	Final				
15:50	60m Hurdles	W	Final				
16:00	60m Hurdles	M	Final				
16:10	400m	W	Semi				
16:20	400m	M	Semi				
16:35	4x200m	W	Final				
16:50	4x200m	M	Final				

Sunday 23rd February

Track					Field		
12:00	60m Sprint	W	Heats	11:00	PV - Warm Up	Men	
12:20	60m Sprint	M	Heats	12:00	Pole Vault	Men	
12:55	5000m Walk	M	Final	14:00	PV - Warm Up	Women	
13:25	3000m Walk	W	Final	15:00	Pole Vault	Women	
13:50	3000m	M	Final (TT)				
14:15	3000m	W	Final	13:15	Long Jump	Women	
14:30	60m Sprint	W	Semi	15:00	Long Jump	Men	
14:40	60m Sprint	M	Semi				
15:00	1500m	W	Final	13:45	Shot Put	Men	
15:10	1500m	M	Final	15:15	Shot Put	Women	
15:20	400m	W	Final				
15:30	400m	M	Final				
15:40	60m Sprint	W	Final				
15:50	60m Sprint	M	Final				
16:00	800m	W	Final				
16:10	800m	M	Final				
16:20	4x400m	W	Final				
16:35	4x400m	M	Final				

Check-in closes 90 minutes before events

Callroom

Track	20 Minutes
Throws	40 Minutes
Long/Triple	50 Minutes
High Jump	65 Minutes
Pole Vault	80 Minutes

Implement Check at Event