Sunday 23rd February 2020

Times are for guidance only

Outer Track			No.	Heats	
10.00am	**4x200m**	U18 G	2	1	8 mins/ht
		U18 B	2	1	
		U16 G	7	2	
		U16 B	**4**	1	
		U14 G	11	2	
		U14 B	5	1	
					1 hr
11.00am	**1500m**	U16 G	4	1	10mins/ht
		U17 G	7		
		U16 B	3	1	
		U17 B	5		
		U18 G	8	1	
		U19 G	5		
		U18 B	9	1	
		U19 B	5		
					40 mins
11.40am	**1500m Walk**	16-19 G/B	5,5	1	12 mins
	1K Walk	13G/B	8	1	12 mins
		14-15 G/B	15	1	12 mins
					35 mins
12.15pm	**400m**	U18 G	3	1	5 mins/ht
		U18 B	4	1	
		U19 G	5	1	
		U19 B	3	1	
					20mins
12.35-1.15pm Lunch for Outer Track					
1.15pm	**800m**	U14 G	24	2	5mins/ht
		U14 B	24	2	
		U15 G	20	2	
		U15 B	17	2	
		U16 G	8	1	
		U16 B	9	1	
		U17 G	7	1	
		U17 B	10	1	
		U18 G	5	1	
		U18 B	8	1	
		U19 G	5	1	
		U19 B	4	1	
					1hr20mins
2.40pm	**200m**	U16 G	15	3	3 mins/ht
		U16 B	16	3	
		U17 G	15	3	
		U17 B	12	2	
		U18 G	8	1	
		U18 B	9	1	
		U19 G	12	2	
		U19 B	7	1	
					48 mins
3.10pm	**4x200m**	U15 G	8	2	
		U15 B	7	2	
		U17 G	5	1	
		U17 B	3	1	
		U19 B	2		
		U19 G	2	1	
Finish 4pm					

Inner Track

11.00am	**60m**	U19 G	7	1	3 mins/ht	
		U19 B	5	1		
		U18 G	8	1		
		U18 B	7	1		
		U17 G	16	2		
		U17 B	10	2		
		U16 G	20	3		
		U16 B	10	2		
		U15 G	27	3		
		U15 B	20	3		
		U14 G	44	6		
		U14 B	28	4		
					1 hr 30 mins	
12.30pm-1.15pm lunch						
1.15pm	**60m H**	U14 G	68.6cm	red	24	3
		U14 B	76.2cm	red	12	2
		U15 G	76.2cm	black	10	2
		U16 G	76.2cm	black	7	1
		U17 G	76.2cm	yellow	5	1
		U18 G	76.2cm	yellow	3	
		U15 B	84.0cm	black	7	1
		U16 B	84.0cm	yellow	6	1
		U19 G	84.0cm	yellow	3	1
		U17 B	91.4cm	yellow	2	1
		U18 B	91.4cm	grey	2	
		U19 B	99.0cm	grey	4	1
						2 hrs

Field Event order may change

	Field			
10.00am	**Pole Vault**	G/B	2	
10.30am	**High Jump**	U17-19 B	4,2,1	
		U17-19 G G	4	
		U15 G	7	
		U15 B	5	
		U14 G	9	
		U14 B	6	
		U16 G	7	
		U16 B	4	
U14 Girls marks from 9.40am				
10.00am	**Long Jump 1**	U14 G	38	60 mins
	Long Jump 2	U14 G		
11.00am	**Long Jump 1**	U17 G	9	30 mins
11.30am	Long Jump 1	U18-19 G	6	30 mins
12 noon	Long Jump 1	U16 G	21	90 mins
	Lunch			
2.15pm	Long Jump 1	U15 G	22	90 mins
11.00am	**Long Jump 2**	U14 B	14	60 mins
12 noon	Long Jump 2	U17 B	5	30 mins
	Lunch			
1.15pm	Long Jump 2	U16 B	14	60 mins
2.15pm	Long Jump 2	U15 B	14	60 mins
3.15pm	**Triple Jump 2**	U18-19 G	1,	
		U18-19 B	3,2	
10.00am	**Shot Put (6Kg)**	U19 Boys	3	
	(5Kg)	U18 Boys	3	
	(5Kg)	U17 Boys	6	
	(4Kg)	U19 Girls	2	
	(3Kg)	U18 Girls	1	
	(3Kg)	U17 Girls	6	
	(3Kg)	U16 Girls	9	
	(4Kg)	U16 Boys	5	
	(2.72Kg)	U15 Girls	12	
	(3Kg)	U15 Boys	7	
	(2kg)	U14 Girls	13	
	(2.72Kg)	U14 Boys	9	