

Track time is time of race. Report 10 mins before		Field time is start of event, report 15 mins before		Entry	
11.00	SM/U20M Pent and Open	60H	11.00	U13 B and G Long Jump - 2 pits	24
	U17M Pent and Open	60H	11.00	Open Shot 1	12
	SW/U20W Pent and Open	60H			
	U15 B Pent & Open	60H			
	U17 W Pent and Open	60H			
	U15G/ U13B all	60H	12.00	U20/SM and W Pentathlon Long Jump	
	U13 G Open	60H	12.00	U17 M and W Pentathlon Long Jump	
	Second hurdles race for open athletes	60H	12.10	U15 B and G Pentathlon Shot	
12.00	U17/U20/S Men	60			
12.25	U17/U20/S Women	60			
12.50	U15 B and G	60	1.00	U15 B and G Pentathlon Long Jump - 2 pits	
1.15	U13 B and G	60	1.00	U20/SM and W Pentathlon Shot	
	Second 60m race for any takers	60	1.00	Open PV - U15+	8
1.35	U17/U20/Sen Men	800			
	U17/U20/Sen Women	800	1.55	Field Break	
	U15 B and G	800	2.15	U17 M + W Pentathlon Shot	
	U13 B and G	800	2.15	U20/SM and W Pentathlon HJ	
	Track Break		2.15		
			2.15	Open Long Jump 1	
2.40	U17/U20/Sen Men	150			
	U17/U20/Sen Women	150	3.15	U15 b and G Pentathlon HJ	
	U15 B and G	150	3.15	U17 M and W Pentathlon HJ	
	U13 B and G	150	3.15	Open Triple Jump U17+ only, no 7m board	10
3.30	U17 + no Under 15	3000m			
3.45	U17 + no Under 15	1000m			
4.00	U17 Men, all U20, Sen	400m	4.15	Open Long Jump 2 - Pit 1	
4.20	U17/U20/Sen Men	300m	4.15	Open Long Jump 3 - Pit 2	
	U17/U20/Sen Women	300m	4.15	Open High Jump U15+ only, OH 1.20 G, 1.25 B	20
	U15 B & G	300m	4.15	Open Shot 2	12
when	pentathlon	800	5.15	Pentathlon Presentations	
ready	Pentathlon U20/SM	1000			

Long Jumps U15 and older - total 36
be allocated a pool to avoid clash with other events