

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.				
Track				
Event No	Time	Event	Age Group	Round
1	10.00	60m	Sen M CE	
2	10.04	60m	U20M CE	
3	10.08	60m	U17M CE	
4	10.16	60m	Mas M CE	
5	11.05	60m Hurdles	U15 Boys CE	
6	11.15	60m Hurdles	U13 Boys CE	
7	11.30	60m Hurdles	U13 Girls CE	
8	12.00	4 x 200m Relay	Sen Women	1
9	12.10	4 x 200m Relay	Sen Men	1
10	12.20	4 x 200m Relay	U13 Girls	1
11	12.40	4 x 200m Relay	U15 Girls	1
12	12.55	4 x 200m Relay	U13 Boys	1
13	13.10	4 x 200m Relay	U15 Boys	1
14	13.20	4 x 200m Relay	U17 Women	1
15	13.35	4 x 200m Relay	U17 Men	1
16	14.15	4 x 200m Relay	Sen Women	Final
17	14.20	4 x 200m Relay	Sen Men	Final
18	14.25	4 x 200m Relay	U13 Girls	Semi Final
19	14.35	4 x 200m Relay	U15 Girls	Semi Final
20	15.30	800m	U13 Boys CE	
21	16.00	800m	U13 Girls CE	
22	16.30	800m	U15 Boys CE	
<p>All heat lists will be displayed at warm up area. Please check for report time. U13 / U15 / U17 Relay Finals will be held on Friday 1st March If heats are not required FINALS will go at HEAT time.</p>				
Field				
Event No	Time	Event	Age Group	
23	9.50	High Jump	U13 Girls CE	1m02
24	9.55	Shot Put	U13 Boys CE	
25	10.00	Long Jump	U15 Boys CE	
26	10.50	Shot Put	Mas Men CE	
27	11.00	Long Jump	SM / U20M CE	
28	11.00	Long Jump	U17M CE	
29	12.30	High Jump	U13 Boys CE	1m02
30	12.30	Shot Put	SM / U20M CE	
31	13.00	Long Jump	U13 Girls CE	
32	13.00	Shot Put	U17M CE	
33	13.15	Pole Vault	Mas Men CE / Mas Men	1m77
34	13.45	High Jump	U15 Boys CE	1m22
35	14.00	Long Jump	U13 Boys CE	
36	14.30	Shot Put	U13 Girls CE	Pool 1
36	15.00	Shot Put	U13 Girls CE	Pool 2
37	15.15	High Jump	SM / U20M CE	1m56
38	15.15	High Jump	U20M / U17M CE	1m47
39	15.15	Long Jump	Mas Men CE	
40	15.30	Shot Put	U15 Boys CE	
<p>All Shot competitions will be held in corner outside back straight. All Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition High Jump - 2 Heights in Warm Up Only</p>				

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Straight Track				
Event No	Time	Event	Age Group	Round
41	9.50	60m Hurd	Sen M CE	
41	10.00	60m Hurd	U20MCE/ M40	
41	10.05	60m Hurd	U17M CE	
41	10.10	60m Hurd	MM50 CE / M50	
41	10.15	60m Hurd	M60 / M70 CE	
41	10.20	60m Hurd	Sen/U20W CE/ W35	
41	10.35	60m Hurd	U17W CE / W40 CE / W40	
41	10.50	60m Hurd	W60 / W50 CE / W60 /M70 / M80	
42	11.00	60m	Masters - M50	1
43	11.06	60m	Masters - M55	1
44	11.12	60m	Masters - M40	Final
45	11.16	60m	Masters - M35	Final
46	11.24	60m	Masters - M45	Final
47	11.30	60m Hurd	U15G CE	
48	11.50	60m	Masters - M60 / M65	Final
49	11.54	60m	Masters - M70 / M75 / M80	Final
50	11.58	60m	Masters - W35 / W45	Final
51	12.02	60m	Masters - W40 / W50 / W55 / W75	Final
52	12.10	60m	Masters - M50	Final
53	12.14	60m	Masters - M55	Final
<p>Straight Track will take precedence over Circular Track All heat lists will be displayed at warm up area. Please check for report time. If heats are not required FINALS will go at HEAT time.</p>				

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Circular Track

Event No	Time	Event	Age	Round
54	12.30	400m	Masters - M35 / M40	Final
55	12.34	400m	Masters - M45	Final
56	12.38	400m	Masters - M50	Final
57	12.42	400m	Masters - M55	Final
58	12.46	400m	Masters - M60 / M65	Final
59	12.50	400m	Masters - M70 / M80	Final
60	12.54	400m	Masters - W35 / W40 / W45 / W50 / W75	Final
61	13.02	800m	Masters - M35 / M40	Final
62	13.06	800m	Masters - M45	Final
63	13.10	800m	Masters - M50	Final
64	13.14	800m	Masters - M55	Final
65	13.19	800m	Masters - M60	Final
66	13.23	800m	Masters - M65 / M70	Final
67	13.27	800m	Masters - W40 / W45 / W50 / W55	Final
68	13.35	200m	Masters - M50	1
69	13.43	200m	Masters - M55	1
70	13.51	200m	Masters - M40	1
71	13.59	200m	Masters - M45	1
72	14.06	200m	Masters - M35	Final
73	14.10	200m	Masters - M60	Final
74	14.14	200m	Masters - M65 / M70 / M80	Final
75	14.24	200m	Masters - W35 / W40	Final
76	14.28	200m	Masters - W50	Final
77	14.32	200m	Masters - W45 / W55 / W75	Final
78	14.36	1500m	Masters - M35 / M45	Final
79	14.42	1500m	Masters - M40 / M55	Final
80	14.50	1500m	Masters - W35 / W40 / W45 / W50 / W55	Final
81	14.58	1500m	Masters - M50	Final
82	15.06	1500m	Masters - M60	Final
83	15.14	1500m	Masters - M55 / M65 / M75	Final
84	15.25	1000m	Mas M CE	
85	15.31	1000m	U17M CE	
86	15.37	200m	Masters - M50	Final
87	15.41	200m	Masters - M55	Final
88	15.45	200m	Masters - M40	Final
89	15.49	200m	Masters - M45	Final
90	16.00	800m	U17W CE	
91	16.15	800m	Sen W CE	
92	16.25	800m	U20/MasW CE	
93	16.30	800m	U15G CE	
94	17.10	1000m	U20M CE	
95	17.15	1000m	Sen M CE	

Straight Track will take precedence over Circular Track

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If heats are not required FINALS will go at HEAT time.

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Field

Event No	Time	Event	Age Group	
96	9.45	High Jump	U15G CE	SH 1m07
97	9.50	Shot Put	U17W CE	
98	10.00	Long Jump	Masters - Men / Women / Para	
99	11.15	Shot Put	Masters - Women / Para	
100	11.45	Long Jump	U17W CE	
101	11.45	Pole Vault	U20M / U17M CE	SH 2m17
102	12.00	Shot Put	Masters - Men	
103	12.45	High Jump	SW / U20W CE	SH 1m27
104	12.45	High Jump	Mas Men CE / Mas Women CE	
105	13.30	Long Jump	U15G CE	
106	14.00	Shot Put	SW / U20W / Masters Women CE	
107	14.00	High Jump	U17W CE	SH 1m27
108	14.15	Pole Vault	Sen M CE	SH 3m07
109	15.00	Shot Put	U15G CE	Pool 1
110	15.30	Long Jump	SW / U20W / Masters Women CE	
111	15.30	High Jump	Masters - Men / Women	
109	15.30	Shot Put	U15G CE	Pool 2
112	16.00	Triple Jump	Masters - Men / Women	Out 7m/9m/11m

All Shot competitions will be held in corner outside back straight.

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts.

High Jump - 2 Heights in Warm Up Only