

<b>Sunday 13th January 2019</b>						
<b>Event No.</b>	<b>Call Up</b>	<b>Start Time</b>	<b>Event</b>	<b>Age Group and Gender</b>	<b>Stage</b>	
T53	10.20	10.30	200m	U17 Women	Heats	
T54	10.48	10.58	200m	U20 Women	Heats	
T55	11.04	11.14	200m	Senior Women	Heats	
T56	11.16	11.26	200m	U17 Men	Heats	
T57	11.36	11.46	200m	U20 Men	Heats	
T58	11.52	12.02	200m	Senior Men	Heats	
T59	12.08	12.18	800m	U17 Women	Heats	
T60	12.23	12.33	800m	U17 Men	Heats	
T61	12.33	12.43	800m	U20 Men	Heats	
T62	12.48	12.58	800m	Senior Men	Heats	
T63	13.08	13.18	3000m	U20 Women	Final	
T64	13.18	13.28	3000m	Senior Women	Final	
T65	13.18	13.38	3000m	U20 Men	Final	
T66	13.38	13.48	3000m	Senior Men	B Final	
T67	13.48	13.58	3000m	Senior Men	A Final	
T68	13.58	14.08	200m	U17 Women	Semi Finals	
T69	14.06	14.16	200m	U20 Women	Semi Finals	
T70	14.14	14.24	200m	Senior Women	Semi Finals	
T71	14.22	14.32	200m	U17 Men	Semi Finals	
T72	14.30	14.40	200m	U20 Men	Semi Finals	
T73	14.38	14.48	200m	Senior Men	Semi Finals	
T74	14.46	14.56	800m	U17 Women	Final	
T75	14.51	15.01	800m	U20 Women	Final	
T76	14.56	15.06	800m	Senior Women	Final	
T77	15.01	15.11	800m	U17 Men	Final	
T78	15.06	15.16	800m	U20 Men	Final	
T79	15.11	15.21	800m	Senior Men	Final	
T80	15.15	15.25	200m	U17 Women	Final	
T81	15.19	15.29	200m	U20 Women	Final	
T82	15.23	15.33	200m	Senior Women	Final	
T83	15.27	15.37	200m	U17 Men	Final	
T84	15.31	15.41	200m	U20 Men	Final	
T85	15.35	15.45	200m	Senior Men	Final	
<b>Sunday 13th January 2019</b>						
<b>Event No.</b>	<b>Call Room</b>	<b>Warm Up</b>	<b>Start Time</b>	<b>Event</b>	<b>Age Group and Gender</b>	<b>Stage</b>
F15	09.45	10.00	10.30	Triple Jump	SenW	FINAL
F16	09.25	09.45	10.30	High Jump	SM/SW/U20M	FINAL
F17	09.25	09.45	10.30	High Jump	U20W & U17M	FINAL
F18	10.45	11.00	11.30	Triple Jump	U17W	FINAL
F19	12.15	12.45	13.30	High Jump	U17W - Pools A&B	FINAL
F20	13.15	13.30	14.00	Long Jump	SM	FINAL
F21	12.45	13.00	14.00	Pole Vault	SM/U20W/U17M	FINAL
F22	14.05	14.15	14.30	Shot Put	U17M	FINAL
F23	14.15	14.30	15.00	Long Jump	U20W	FINAL
F24	14.45	15.00	15.15	Shot Put	U17W	FINAL
F25	15.00	15.30	16.00	Long Jump	U20M	FINAL