

NORTHERN INDOOR TRACK & FIELD CHAMPIONSHIP 2020**SATURDAY 11th January****Track Events**

Event no	Event	Age Group	Round	Time
T01	60mH	U17W	HEATS	10.00
T02	60mH	U17M	HEATS	10.20
T03	60mH	U20M	FINAL	10.32
T04	60mH	U17W	SEMIFINAL	10.40
T05	60mH	U20W	FINAL	10.52
T06	60mH	SW	FINAL	10.56
T07	60mH	SM	FINAL	11.02
T08	60mH	U17M	FINAL	11.10
T09	60mH	U17W	FINAL	11.20
T10	60m	SM	HEATS	11.25
T11	60m	U20M	HEATS	11.45
T12	60m	U17W	HEATS	12.05
T13	60m	U17M	HEATS	12.25
T14	60m	U20W	HEATS	12.34
T15	60m	SW	HEATS	12.42
T16	60m	SM	SEMIFINAL	12.54
T17	60m	U20M	SEMIFINAL	13.06
T18	60m	U17W	SEMIFINAL	13.18
T19	60m	U17M	FINAL	13.30
T20	60m	U20W	FINAL	13.36
T21	60m	SW	FINAL	13.42
T22	60m	U20M	FINAL	13.48
T23	60m	SM	FINAL	13.54
T24	60m	U17W	FINAL	14.00
T25	300m	U17W	HEATS	14.30
T26	400m	U17M	HEATS	14.50
T27	400m	SM	HEATS	15.06
T28	400m	U20W	HEATS	15.38
T29	400m	U20M	HEATS	15.50
T30	400m	SW	HEATS	16.02
T31	300m	U17W	SEMIFINAL	16.14
T32	400m	U17M	SEMIFINAL	16.26
T33	400m	SM	SEMIFINAL	16.34
T34a	1500m	U17W	FINAL	16.50
T34b	1500m	U20W	FINAL	16.50
T35	1500m	U17M	FINAL	17.00
T36	1500m	U20M	FINAL	17.10
T37	1500m	SW	FINAL	17.20
T38	1500m	SM	FINAL	17.30
T39	300m	U17W	FINAL	18.00
T40	400m	U17M	FINAL	18.08
T41	400m	U20W	FINAL	18.12
T42	400m	U20M	FINAL	18.16
T43	400m	SW	FINAL	18.20
T44	400m	SM	FINAL	18.24

	Field Events			
	Age Group	Event	Round	Time
F01a	U17W	Long Jump Pool A to Final		10.30
F01b	U17W	Long Jump Pool B to Final		10.30
F02	U20M	Shot Put	Final	11.00
F03a	SW	Pole Vault	Final	11.00
F03b	U20M	Pole Vault	Final	11.00
F04	SM	Triple Jump	Final	12.15
F05	SW	Long Jump	Final	12.30
F06	SW	Shot Put	Final	12.30
F07	U20M	Triple Jump	Final	13.30
F08	U17W	Pole Vault	Final	14.00
F09	U17M	Long Jump	Final	14.15
F10	U20W	Shot Put	Final	15.00
F11	U17M	Triple Jump	Final	15.15
F12	SM	Long Jump	Final	16.30
F13	U20W	Triple Jump	Final	16.45

Numbers must be collected from the stewards at least 60 minutes before the start of your event.

Please ensure that you declare for each event in which you intend to compete - failure to do so may result in you being excluded from the event. Please inform the steward if you wish to withdraw from an event so that seeders may be informed. Stadium Blocks only may be used

Timing of events may be adjusted dependant on numbers of athletes declaring for the event.

NB: If you qualify for a final (track or field) you must take part unless you have a valid reason which has been approved by the appropriate Referee - saving yourself for another event is not a valid reason and failure to take part is likely to result in your disqualification from all further events over the 2 days of the Championships