

NORTHERN INDOOR TRACK & FIELD CHAMPIONSHIPS 2020 SUNDAY 12TH JANUARY

Track Events

Event No	Event	Age Group	Round	Time
T45	800m	U17W	Heats	10.00
T46	800m	U17M	Heats	10.15
T47	800m	U20M	Heats	10.25
T48	800m	SM	Heats	10.35
T49	200m	U17W	Heats	11.44
T50	200m	U17M	Heats	12.08
T51	200m	U20W	Heats	12.24
T52	200m	U20M	Heats	12.36
T53	200m	SW	Heats	12.52
T54	200m	SM	Heats	13.00
T55a	3000m	U20W	Final	14.00
T55b	3000m	SW	Final	14.00
T56a	3000m	U20M/SM	A Final	14.15
T56b	3000m	U20M/SM	B Final	14.30
T57	200m	U17W	Semi Finals	14.52
T58	200m	U17M	Semi Finals	15.04
T59	200m	U20M	Semi Finals	15.12
T60	200m	SM	Semi Finals	15.20
T61	800m	U17W	Final	15.30
T62	800m	U17M	Final	15.35
T63	800m	U20W	Final	15.40
T64	800m	U20M	Final	15.45
T65	800m	SW	Final	15.50
T66	800m	SM	Final	15.55
T67	200m	U17W	Final	16.00
T68	200m	U17M	Final	16.04
T69	200m	U20W	Final	16.08
T70	200m	U20M	Final	16.12
T71	200m	SW	Final	16.16
T72	200m	SM	Final	16.20

Field Events

Event No	Event	Age Group		Start Time
F14	Long Jump	U20M	Final	10.30
F15a	High Jump	SM	Final	10.45
F15b	High Jump	U20M	Final	10.45
F16a	High Jump	SW	Final	10.45
F16b	High Jump	U20W	Final	10.45
F17	Pole Vault	SM	Final	11.00
F18	Pole Vault	U20W	Final	11.00
F19	Long Jump	U20W	Final	12.00
F20	High Jump	U17M	Final	13.00
F21	High Jump	U17W	Final	13.00
F22	Triple Jump	SW	Final	13.15
F23	Shot Put	U17W	Final	13.20
F24	Shot Put	U17M	Final	13.42
F25	Pole Vault	U17M	Final	14.00
F26	Shot Put	SM	Final	14.55
F27	Triple Jump	U17W	Final	15.00

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