

PROVISIONAL
TIMETABLE 20TH NOVEMBER 2022

NB: THIS TIMETABLE IS PROVISIONAL – TIMINGS ARE SUBJECT TO CHANGE DEPENDENT ON NUMBERS

FIELD			
F1	10.15	Senior Women +U20 + U17	Shot
F2	10.15	Senior Men + U20 + U17	Triple Jump
F3	10.45	Pool 1 (mixed) Pool 1 will be for athletes with PB's up to 3.0 m	Pole Vault Up to 3.00m
F4	11.30	Senior Men +U20 + U17	Shot
F5	11.30	U15 Boys +u13	Long Jump
F6	12.00	Senior Women + u20 +U17	Triple Jump
F7	12.45	U15 BOYS + U13	Shot
F8	13.30	U13 GIRLS	Shot
F8A	14.15	U15 Girls	Shot
F9	14.00	Under 15G + u13 G	Long Jump
F10	14.00	Pool 2 (Mixed) Pool 2 will be for athletes with PB's over 3.0 m	Pole Vault
TRACK			
T1	10.15	Under 15 + U13	60 metres
T2	11.05	Senior + u20 + U17	60 metres
T3	12.40	Under 15 + U13	1000 metres
T4	12.45	Senior + U20 + U17	1000 metres
T5	13.10	Under 15 + U13	600 metres
T6	13.30	Senior + U20 + u17	2000 metres
T7	14.00	Senior + U 20 + U17	150 metres