

All timetables featured are subject to change

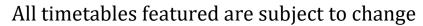
Round 1 – P1 - Saturday 28th October 2023

TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles	U18/U20/Open/40+ Men
	100 Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	90 Metre Hurdles	U16 Women & U14 Men
	80 Metre Hurdles	U14/40+/50+/60+/70+ Women 70+Men
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	Mile	Men & Women
2.45pm	Medley Relay mixed clubs Training	Men & Women
3.20pm	3000 Metre	All Men & Women
3.45pm	400 Metre	Men
4.00pm	400 Metre	Women

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	







Round 2 - P2 - Saturday 4th November 2023

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+
	300 Metre Hurdles	Women
	200 Metre Hurdles	60+/70+ Men & 50+/60+/70+ Women
		U14/U16 Men & Women
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	60 Metre	Women
3.20pm	60 Metre	Men
3.30pm	3000 Metre	All Men & Women
3.50pm	4 x 100m Relay mixed clubs Training	

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1.30pm			Sheet 1	Sheet 1
1.45pm	Sheet 3			
2.30pm	Sheet 1		Sheet 3	Sheet 2
3.15pm	Sheet 2		Sheet 1	Sheet 3





All timetables featured are subject to change

Round 3 – P1 - Saturday 9th December 2023

TRACK EVENTS

Time	Event	Grades	
1.30pm	110 Metre Hurdles	U18/U20/Open/40+ Men	
	100 Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men	
	90 Metre Hurdles	U16 Women & U14 Men	
	80 Metre Hurdles	U14/40+/50+/60+/70+ Women 70+Men	
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)	
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women	
2.05pm	100 Metre	Men	
2.15pm	100 Metre	Women	
2.35pm	Mile	Men & Women	
3.00pm	400 Metre	Men	
3.15pm	400 Metre	Women	
3.30pm	3000 Metre	Men & Women	

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	





All timetables featured are subject to change

Round 4 - P2 - Saturday 6th January 2024

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles	60+/70+ Men & 50+/60+/70+ Women
	200 Metre Hurdles	U14/U16 Men & Women
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre	Women
3.20pm	100 Metre	Men
3.30pm	3000 Metre	All Men & Women

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1.30pm			Sheet 1	Sheet 1
1.45pm	Sheet 3			
2.30pm	Sheet 1		Sheet 3	Sheet 2
3.15pm	Sheet 2		Sheet 1	Sheet 3





All timetables featured are subject to change

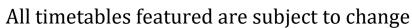
Round 5 - P1 - Saturday 24th February 2024

TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles	U18/U20/Open/40+ Men
	100 Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	90 Metre Hurdles	U16 Women & U14 Men
	80 Metre Hurdles	U14/40+/50+/60+/70+ Women 70+Men
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	Mile	Men & Women
3.00pm	400 Metre	Men
3.15pm	400 Metre	Women
3.30pm	3000 Metre	Men & Women

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	







Round 6 - P2 - Saturday 2nd March 2024

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles	60+/70+ Men & 50+/60+/70+ Women
	200 Metre Hurdles	U14/U16 Men & Women
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre	Women
3.20pm	100 Metre	Men
4.35pm	3000 Metre	All Men & Women

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1.30pm			Sheet 1	Sheet 1
1.45pm	Sheet 3			
2.30pm	Sheet 1		Sheet 3	Sheet 2
3.15pm	Sheet 2		Sheet 1	Sheet 3





All timetables featured are subject to change

Round 6 – P1 - Saturday 16th March 2024

TRACK EVENTS

Time	Event	Grades	
1.30pm	110 Metre Hurdles	U18/U20/Open/40+ Men	
	100 Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men	
	90 Metre Hurdles	U16 Women & U14 Men	
	80 Metre Hurdles	U14/40+/50+/60+/70+ Women 70+Men	
1.45pm	1500 Metre Walk	U14/U16 Men & Women (athlete can choose)	
	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women	
2.05pm	100 Metre	Men	
2.15pm	100 Metre	Women	
2.35pm	Mile	Men & Women	
3.00pm	400 Metre	Men	
3.15pm	400 Metre	Women	
3.30pm	3000 Metre	Men & Women	

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	

