

Day 1 - Saturday 21 March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
12.30pm	U15 Women	100m	Heats	12.00pm	U18 Men	Discus (1.5kg)	Final
	U15 Men	100m	Heats	12.20pm	U15 Men	Triple Jump	Final
	U16 Women	100m	Heats	12.30pm	U18 Women	High Jump	Final
	U16 Men	100m	Heats	1.45pm	U16 Women	Discus (1kg)	Final
	U17 Women	100m	Heats	2.10pm	U15 Women	Pole Vault - Pit 1	Final
	U17 Men	100m	Heats	2.40pm	U17 Men	Triple Jump	Final
	U18 Women	100m	Heats	2.45pm	U16 Men	High Jump	Final
	U18 Men	100m	Heats	2.45pm	U17 Women	Pole Vault - Pit 1	Final
3.00pm	U15 Women	400m	Heats	3.30pm	U18 Women	Discus (1kg)	Final
	U15 Men	400m	Heats	3.40pm	U17 Women	Triple Jump	Final
	U16 Women	400m	Heats	4.45pm	U16 Women	High Jump	Final
	U16 Men	400m	Heats	5.20pm	U16 Men	Discus (1kg)	Final
	U17 Women	400m	Heats	5.20pm	U15 Men	Pole Vault - Pit 1	Final
	U17 Men	400m	Heats	5.50pm	U17 Men	Pole Vault - Pit 2	Final
	U18 Women	400m	Heats	6.50pm	U17 Men	Hammer (5kg)	Final
	U18 Men	400m	Heats	6.40pm	U15 Women	Triple Jump	Final
5.15pm	U15 Women	1500m	Heats	6.45pm	U18 Men	High Jump	Final
	U15 Men	1500m	Heats	8.15pm	U15 Men	Hammer (4kg)	Final
	U16 Women	1500m	Heats				
	U16 Men	1500m	Heats				
	U17 Women	1500m	Heats				
	U17 Men	1500m	Heats				
	U18 Women	1500m	Heats				
	U18 Men	1500m	Heats				
7.30pm	U15 Women	100m	Final				
	U15 Men	100m	Final				
	U16 Women	100m	Final				
	U16 Men	100m	Final				
	U17 Women	100m	Final				
	U17 Men	100m	Final				
	U18 Women	100m	Final				
	U18 Men	100m	Final				

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**Draft Timetable as at 17th January 2020 v3 2.30pm

Day 2 Sunday 22nd March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
10.00am	U18 Men	110m H (91.4cm)	Heats	9.30am	U17 Women	Discus (1kg)	Final
	U17 Men	110m H (91.4cm)	Heats	10.05am	U18 Men	Triple Jump	Final
	U16 Men	100m H (84cm)	Heats	10.10am	U17 Men	High Jump	Final
	U15 Men	100m H (84cm)	Heats	11.10am	U15 Women	Discus (1kg)	Final
	U18 Women	100m H (76.2cm)	Heats	11.30am	U18 Men	Pole Vault - Pit 1	Final
	U17 Women	100m H (76.2cm)	Heats	11.45am	U16 Men	Triple Jump	Final
	U16 Women	90m H (76.2cm)	Heats	12.00pm	U18 Women	Pole Vault - Pit 2	Final
	U15 Women	90m H (76.2cm)	Heats	12.10pm	U15 Men	High Jump	Final
12.10pm	U16 Men	3000m Walk	Final	12.45pm	U15 Men	Discus (1kg)	Final
	U15 Men	3000m Walk	Final	1.45pm	U18 Women	Triple Jump	Final
12.45pm	U15 Women	1500m	Final	2.10pm	U15 Women	High Jump	Final
12.55pm	U15 Men	1500m	Final	2.15pm	U17 Men	Discus (1.5kg)	Final
1.05pm	U16 Women	1500m	Final	2.50pm	U16 Men	Pole Vault - Pit 1	Final
1.15pm	U16 Men	1500m	Final	3.20pm	U16 Women	Pole Vault - Pit 2	Final
1.25pm	U17 Women	1500m	Final	3.30pm	U18 Men	Hammer (5kg)	Final
1.35pm	U17 Men	1500m	Final	3.45pm	U16 Women	Triple Jump	Final
1.45pm	U18 Women	1500m	Final				
1.55pm	U18 Men	1500m	Final	4.30pm	U17 Women	High Jump	Final
2.25pm	U15 Women	400m	Final	5.00pm	U16 Men	Hammer (4kg)	Final
2.33pm	U15 Men	400m	Final				
2.41pm	U16 Women	400m	Final				
2.49pm	U16 Men	400m	Final				
2.57pm	U17 Women	400m	Final				
3.05pm	U17 Men	400m	Final				
3.13pm	U18 Women	400m	Final				
3.21pm	U18 Men	400m	Final				
3.45pm	U16 Women	3000m Walk	Final				
	U15 Women	3000m Walk	Final				
4.15pm	U18 Men	110m H (91.4cm)	Final				
4.22pm	U17 Men	110m H (91.4cm)	Final				
4.35pm	U16 Men	100m H (84cm)	Final				
4.42pm	U15 Men	100m H (84cm)	Final				
4.55pm	U18 Women	100m H (76.2cm)	Final				
5.02pm	U17 Women	100m H (76.2cm)	Final				
5.15pm	U16 Women	90m H (76.2cm)	Final				
5.22pm	U15 Women	90m H (76.2cm)	Final				
5.40pm	U18 Men	4 x 100m Relay	Final				
5.50pm	U16 Men	4 x 100m Relay	Final				
6.00pm	U18 Women	4 x 100m Relay	Final				
6.10pm	U16 Women	4 x 100m Relay	Final				

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Day 3 Monday 23rd March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
9.20am	U18 Women	5000m Walk	Final	9.30am	U15 Women	Hammer (3kg)	Final
	U17 Women	5000m Walk	Final	9.40am	U16 Men	Shot Put (4kg)	Final
10.15am	U18 Men	400m Hurdles (84cm)	Heats	9.45am	U17 Men	Long Jump	Final
10.27am	U17 Men	400m Hurdles (84cm)	Heats	10.45am	U17 Women	Hammer (3kg)	Final
10.49am	U18 Women	400m Hurdles (76.2cm)	Heats	11.10am	U18 Women	Shot Put (3kg)	Final
11.01am	U17 Women	400m Hurdles (76.2cm)	Heats	11.45am	U15 Men	Long Jump	Final
11.45am	U16 Men	200m Hurdles (76.2cm)	Heats	12.00pm	U18 Men	Javelin (700g)	Final
12.03pm	U16 Women	200m Hurdles (76.2cm)	Heats	1.25pm	U16 Men	Javelin (700g)	Final
12.15pm	U15 Men	200m Hurdles (76.2cm)	Heats	1.40pm	U16 Women	Shot Put (3kg)	Final
12.27pm	U15 Women	200m Hurdles (76.2cm)	Heats	1.45pm	U17 Women	Long Jump	Final
1.00pm	U15 Women	3000m	Final	2.50pm	U18 Women	Javelin (500g)	Final
1.15pm	U15 Men	3000m	Final	3.20pm	U18 Men	Shot Put (5kg)	Final
1.30pm	U16 Women	3000m	Final	3.45pm	U15 Women	Long Jump	Final
1.45pm	U16 Men	3000m	Final	4.10pm	U16 Women	Javelin (500g)	Final
2.00pm	U17 Women	3000m	Final				
2.15pm	U17 Men	3000m	Final				
2.30pm	U18 Women	3000m	Final				
2.45pm	U18 Men	3000m	Final				
3.15pm	U15 Women	200m	Heats				
	U15 Men	200m	Heats				
	U16 Women	200m	Heats				
	U16 Men	200m	Heats				
	U17 Women	200m	Heats				
	U17 Men	200m	Heats				
	U18 Women	200m	Heats				
	U18 Men	200m	Heats				
5.30pm	U15 Women	800m	Heats				
	U15 Men	800m	Heats				
	U16 Women	800m	Heats				
	U16 Men	800m	Heats				
	U17 Women	800m	Heats				
	U17 Men	800m	Heats				
	U18 Women	800m	Heats				
	U18 Men	800m	Heats				

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Day 4 Tuesday 24th March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
9.30am	U18 Men	5000m Walk	Final	9.40am	U16 Women	Hammer (3kg)	Final
	U17 Men	5000m Walk	Final	10.10am	U15 Men	Shot Put (4kg)	Final
10.20am	U18 Men	400m Hurdles (84cm)	Final	11.10am	U18 Women	Hammer (3kg)	Final
10.28pm	U17 Men	400m Hurdles (84cm)	Final	11.15am	U18 Men	Long Jump	Final
10.45am	U18 Women	400m Hurdles (76.2cm)	Final	11.40am	U17 Women	Shot Put (3kg)	Final
10.53pm	U17 Women	400m Hurdles (76.2cm)	Final	12.00pm	U16 Men	Long Jump	Final
11.20am	U16 Men	200m Hurdles (76.2cm)	Final	12.55pm	U17 Men	Javelin (700g)	Final
11.27am	U16 Women	200m Hurdles (76.2cm)	Final	1.15pm	U15 Women	Shot Put (3kg)	Final
11.34am	U15 Men	200m Hurdles (76.2cm)	Final	1.50pm	U18 Women	Long Jump	Final
11.41am	U15 Women	200m Hurdles (76.2cm)	Final	2.15pm	U15 Men	Javelin (700g)	Final
12.00pm	U18 Men	2000m SC (84cm)	Final	2.20pm	U16 Women	Long Jump	Final
12.12pm	U17 Men	2000m SC (84cm)	Final	2.45pm	U17 Men	Shot Put (5kg)	Final
12.24pm	U16 Men	2000m SC (76.2cm)	Final				
12.36pm	U18 Women	2000m SC (76.2cm)	Final				
12.48pm	U17 Women	2000m SC (76.2cm)	Final				
1.00pm	U16 Women	2000m SC (76.2cm)	Final				
1.12pm	U15 Women	2000m SC (76.2cm)	Final				
1.20pm	U15 Men	2000m SC (76.2cm)	Final				
1.25pm	U15 Women	800m	Final				
1.33pm	U15 Men	800m	Final				
1.41pm	U16 Women	800m	Final				
1.49pm	U16 Men	800m	Final				
1.58pm	U17 Women	800m	Final				
2.05pm	U17 Men	800m	Final				
2.13pm	U18 Women	800m	Final				
2.21pm	U18 Men	800m	Final				
2.45pm	U15 Women	200m	Final				
2.52pm	U15 Men	200m	Final				
2.59pm	U16 Women	200m	Final				
3.06pm	U16 Men	200m	Final				
3.13pm	U17 Women	200m	Final	3.30pm	U17 Women	Javelin (500g)	Final
3.20pm	U17 Men	200m	Final				
3.27pm	U18 Women	200m	Final				
3.34pm	U18 Men	200m	Final				
4.00pm	Open Women	1500m	Heats				
4.30pm	Open Men	1500m	Heats				
5.10pm	U16 Women	4 x 200m Relay	Final	4.40pm	U15 Women	Javelin (500g)	Final
5.20pm	U16 Men	4 x 200m Relay	Final				
5.30pm	U18 Women	4 x 400m Relay	Final				
5.40pm	U18 Men	4 x 400m Relay	Final				

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Day 5 Thursday 26th March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Qual/Final
9.00am	U14 Women	3000m Walk	Final				
9.30am	U14 Men	3000m Walk	Final				
10.00am	U14 Women	100m	Heats	9.35am	AMB Open Women	Discus	Final
	U14 Men	100m	Heats	9.55am	Secured Open Women	Discus - 2	Final
	WC Open Women	100m	Heats	10.15am	U20 Men	Pole Vault - 1	Final
	WC Open Men	100m	Heats	10.30am	Open Women	Javelin	Qual
	U16 Para Women	100m	Heats	11.05am	U20 Women	Triple Jump	Final
	U16 Para Men	100m	Heats	11.20am	U14 Men	Shot Put (3kg)	Final
	U20 Para Women	100m	Heats	11.30am	Secured Open Men	Discus - 2	Final
	U20 Para Men	100m	Heats	12.15pm	U20 Women	Pole Vault - 2	Final
	AMB Open Women	100m	Heats	12.30pm	AMB Open Men	Discus	Final
	AMB Open Men	100m	Heats	12.30pm	U20 Womens	High Jump	Final
	Open Women	100m	Heats	12.40pm	U14 Women	Shot Put (3kg)	Final
	Open Men	100m	Heats	1.05pm	U20 Men	Triple Jump	Final
1.00pm	U20 Men	800m	Heats	2.20pm	U16/U20 Para Men	Shot Put	Final
1.20pm	U20 Women	800m	Heats	2.30pm	U20 Mens	Discus (1.75kg)	Final
2.00pm	U14 Womens	400m	Heats	2.45pm	U20 Mens	High Jump	Final
2.12pm	U14 Men	400m	Heats	3.00pm	Open Men	Pole Vault	Qual
2.30pm	Open Women	400m	Heats	3.15pm	Open Mens	Long Jump	Qual
2.48pm	Open Men	400m	Heats	3.45pm	U16/U20 Para Women	Shot Put	Final
3.20pm	U20 Women	200m	Heats	4.30pm	U20 Women	Discus (1kg)	Final
3.35pm	U20 Men	200m	Heats	5.00pm	Open Womens	Long Jump	Qual
4.00pm	U14 Women	100m	Final	5.45pm	Open Women	Pole Vault	Qual
4.07pm	U14 Women	100m	Final	6.00pm	Open Men	Javelin	Qual
4.14pm	WC Open Women	100m	Final				
4.21pm	WC Open Men	100m	Final				
4.28pm	U16 Para Women	100m	Final				
4.35pm	U16 Para Men	100m	Final				
4.42pm	U20 Para Women	100m	Final				
4.49pm	U20 Para Men	100m	Final				
4.56pm	AMB Open Women	100m	Final				
5.03pm	AMB Open Men	100m	Final				
5.30pm	Open Men	110m Hurdles	Heats				
5.55pm	Open Women	100m Hurdles	Heats				
6.25pm	U20 Women	5000m	Final				
6.50pm	U20 Men	5000m	Final				
7.30pm	Open Mens	400m Hurdles	Heats				
7.55pm	Open Womens	400m Hurdles	Heats				
8.15pm	Open Women	1500m	Final				
8.25pm	Open Men	1500m	Final				

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**Draft Timetable as at 17th January 2020 v3 2.30pm

Day 6 Friday 27th March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Q/F
9.00am	Open Women	10,000m Walk	Final	9.10am	Open Women	Discus	Qual
	U20 Women	10,000m Walk	Final	9.30am	Open Women	High Jump	Qual
10.15am	U20 Men	110m Hurdles (99.1cm)	Heats	10.30am	U16/U20 Para Women	Discus	Final
10.40am	U20 Women	100m Hurdles (84cm)	Heats	11.15am	Open Men	High Jump	Qual
11.05am	U14 Men	90m Hurdles (76.2cm)	Heats	11.15am	U16/U20 Para Men	Long Jump	Final
11.25am	U14 Women	80m Hurdles (76.2cm)	Heats	11.30am	U16/U20 Para Men	Discus	Final
12.00pm	U14 Women	1500m	Final	11.35am	U14 Men	Pole Vault	Final
12.10pm	U14 Men	1500m	Final	11.45am	U16/U20 Para Women	Long Jump - 2	Final
12.20pm	WC Open Women	1500m	Final	12.50pm	U14 Men	Javelin (600g)	Final
12.30pm	WC Open Men	1500m	Final	1.15pm	AMB Open Women	Long Jump	Final
12.40pm	U16 Para Women	1500m	Final	1.45pm	U14 Mens	Long Jump - 2	Final
12.50pm	U16 Para Men	1500m	Final	2.00pm	U14 Women	Javelin (400g)	Final
1.00pm	U20 Para Women	1500m	Final	2.45pm	U14 Women	Pole Vault	Final
1.10pm	U20 Para Men	1500m	Final	3.10pm	AMB Open Men	Long Jump	Final
1.20pm	AMB Open Women	1500m	Final	3.20pm	U20 Womens	Javelin (600g)	Final
1.30pm	AMB Open Men	1500m	Final	3.15pm	U14 Women	Long Jump	Final
1.55pm	U20 Men	3000m SC (91.4cm)	Final	4.30pm	Open Men	Triple Jump	Qual
2.15pm	U20 Women	3000m SC (76.2cm)	Final	4.45pm	Open Women	Shot Put	Final
2.45pm	Open Women	800m	Prelim	5.30pm	U20 Men	Javelin (800g)	Final
3.05pm	Open Men	800m	Prelim	6.15pm	Open Women	Triple Jump	Qual
3.40pm	WC Open Women	400m	Heats	6.45pm	Open Men	Shot Put	Final
3.50pm	WC Open Men	400m	Heats	7.30pm	Open Men	Discus	Qual
4.00pm	U16 Para Women	400m	Heats				
4.10pm	U16 Para Men	400m	Heats				
4.20pm	U20 Para Women	400m	Heats				
4.30pm	U20 Para Men	400m	Heats				
4.40pm	AMB Open Women	400m	Heats				
4.50pm	AMB Open Men	400m	Heats				
5.10pm	U14 Women	800m	Heats				
5.25pm	U14 Men	800m	Heats				
5.35pm	Open Women	100m	Semi Final				
5.50pm	Open Men	100m	Semi Final				
6.15pm	Open Women	400m	Semi Final				
6.25pm	Open Men	400m	Semi Final				
6.55pm	U20 Women	1500m	Heats				
7.10pm	U20 Men	1500m	Heats				
7.35pm	U20 Women	200m	Final				
7.45pm	U20 Men	200m	Final				
8.05pm	Open Women	100m	Final				
8.20pm	Open Men	100m	Final				

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Day 7 Saturday 28th March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
9.40am	Open Men	400m Hurdles	Semi Final	9.00am	U14 Men	Hammer Throw (3kg)	Final
9.55am	U20 Men	400m Hurdles	Heats	9.30am	U16/U20 Para Women	Javelin	Final
10.20am	Open Women	400m Hurdles	Semi Final	10.00am	Secured Open Men	Javelin - 2	
10.35am	U20 Women	400m Hurdles	Heats	10.05am	U14 Women	Hammer Throw (3kg)	Final
11.00am	WC Open Women	200m	Heats	11.15am	Open Men	Hammer Throw	Final
	WC Open Men	200m	Heats	12.20pm	Secured Open Women	Javelin - 2	
	U16 Para Women	200m	Heats	12.35pm	Open Women	Hammer Throw	Final
	U16 Para Men	200m	Heats	1.00pm	U14 Women	Triple Jump	Final
	U20 Para Women	200m	Heats	1.00pm	U16/U20 Para Men	Javelin	Final
	U20 Para Men	200m	Heats	2.00pm	AMB Open Women	Javelin	Final
	AMB Open Women	200m	Heats	2.15pm	Open Women	Pole Vault	Final
	AMB Open Men	200m	Heats	2.40pm	U14 Men	Triple Jump	Final
	U14 Women	200m	Heats	3.20pm	U14 Womens	400m	Final
	U14 Men	200m	Heats	3.57pm	U14 Men	400m	Final
	Open Women	200m	Heats	4.04pm	WC Open Women	400m	Final
	Open Men	200m	Heats	4.11pm	WC Open Men	400m	Final
2.10pm	Open Women	800m	Semi Final	4.18pm	U16 Para Women	400m	Final
2.20pm	Open Men	800m	Semi Final	4.25pm	U16 Para Men	400m	Final
2.40pm	U20 Women	100m	Heats	4.32pm	U20 Para Women	400m	Final
2.50pm	U20 Men	100m	Heats	4.39pm	U20 Para Men	400m	Final
3.20pm	U14 Men	90m Hurdles	Final	4.46pm	AMB Open Women	400m	Final
3.35pm	U14 Women	80m Hurdles	Final	4.53pm	AMB Open Men	400m	Final
3.50pm	U14 Womens	400m	Final	5.00pm	U20 Women	400m	Heats
3.57pm	U14 Men	400m	Final	5.07pm	U20 Men	400m	Heats
4.04pm	WC Open Women	400m	Final	5.25pm	U14 Women	4 x 100m Relay	Final
4.11pm	WC Open Men	400m	Final	5.35pm	U14 Men	4 x 100m Relay	Final
4.18pm	U16 Para Women	400m	Final	5.55pm	U20 Women	800m	Final
4.25pm	U16 Para Men	400m	Final	6.05pm	U20 Men	800m	Final
4.32pm	U20 Para Women	400m	Final	6.20pm	Open Men	3000m SC (91.4cm)	Final
4.39pm	U20 Para Men	400m	Final	6.40pm	Open Women	3000m SC (76.2cm)	Final
4.46pm	AMB Open Women	400m	Final	7.10pm	Open Men	110m Hurdles	Final
4.53pm	AMB Open Men	400m	Final	7.20pm	U20 Men	110m Hurdles	Final
5.00pm	U20 Women	400m	Heats	7.35pm	Open Women	100m Hurdles	Final
5.07pm	U20 Men	400m	Heats	7.40pm	U20 Women	100m Hurdles	Final
5.25pm	U14 Women	4 x 100m Relay	Final	7.55pm	Open Women	400m	Final
5.35pm	U14 Men	4 x 100m Relay	Final	8.05pm	Open Men	400m	Final
5.55pm	U20 Women	800m	Final	8.15pm	U20 Women	4 x 100m Relay	Final
6.05pm	U20 Men	800m	Final	8.25pm	U20 Men	4 x 100m Relay	Final
6.20pm	Open Men	3000m SC (91.4cm)	Final	8.35pm	Open Women	4 x 100m Relay	Final
6.40pm	Open Women	3000m SC (76.2cm)	Final	8.45pm	Open Men	4 x 100m Relay	Final
7.10pm	Open Men	110m Hurdles	Final				
7.20pm	U20 Men	110m Hurdles	Final				
7.35pm	Open Women	100m Hurdles	Final	6.45pm	Open Women	Long Jump	Final
7.40pm	U20 Women	100m Hurdles	Final	7.00pm	Open Women	Javelin	Final
7.55pm	Open Women	400m	Final				
8.05pm	Open Men	400m	Final				
8.15pm	U20 Women	4 x 100m Relay	Final				
8.25pm	U20 Men	4 x 100m Relay	Final				
8.35pm	Open Women	4 x 100m Relay	Final				
8.45pm	Open Men	4 x 100m Relay	Final				

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Day 8 Sunday 29th March 2020

Track Program				Field Program			
Prov Time	Age Group	Event	Heats/Final	Prov Time	Age Group	Event	Final
9.30am	Open Men	10,000m Walk	Final	9.30am	U14 Mens	High Jump	Final
	U20 Men	10,000m Walk	Final	9.30am	AMB Open Women	Shot Put	Final
10.45am	U20 Women	1500m	Final	9.00am	U20 Men	Hammer Throw (6kg)	Final
10.55am	U20 Men	1500m	Final	9.40am	U20 Womens	Long Jump	Final
11.10pm	Open Women	200m	S/Final	10.00am	Secured Open Men	Shot Put - 2	Final
11.25am	Open Men	200m	S/Final	10.20am	U20 Women	Hammer Throw (4kg)	Final
11.40am	WC Open Women	800m	Final				Final
11.46am	WC Open Men	800m	Final	11.15am	AMB Open Men	Shot Put	
11.52am	U16 Para Women	800m	Final	11.20am	U14 Womens	High Jump	Final
11.58pm	U16 Para Men	800m	Final	11.25pm	U20 Mens	Long Jump	Final
12.04pm	U20 Para Women	800m	Final	12.10pm	U14 Women	Discus (1kg) - 1	Final
12.10pm	U20 Para Men	800m	Final	12.10pm	U14 Men	Discus (1kg) - 2	Final
12.16pm	AMB Open Women	800m	Final				
12.22pm	AMB Open Men	800m	Final	12.40pm	Open Women	High Jump	Final
12.28pm	U14 Womens	800m	Final	1.05pm	U20 Men	Shot Put (6kg)	Final
12.34pm	U14 Men	800m	Final	1.20pm	Open Men	Triple Jump	Final
12.50pm	U20 Women	100m	Final	1.40pm	Open Men	Discus	Final
1.00pm	U20 Men	100m	Final	1.45pm	Secured Open Women	Shot Put - 2	Final
1.15pm	Open Men	400m Hurdles	Final	2.45pm	U20 Womens	Shot Put (4kg)	Final
1.25pm	U20 Men	400m Hurdles	Final	2.50pm	Open Men	High Jump	Final
1.35pm	Open Women	400m Hurdles	Final	3.00pm	Open Women	Triple Jump	Final
1.45pm	U20 Women	400m Hurdles	Final	3.30pm	Open Women	Discus	Final
2.00pm	U20 Women	3000m	Final				
2.20pm	U20 Men	3000m	Final				
2.40pm	U20 Women	400m	Final				
2.50pm	U20 Men	400m	Final				
3.00pm	WC Open Women	200m	Final				
3.06pm	WC Open Men	200m	Final				
3.12pm	U16 Para Women	200m	Final				
3.18pm	U16 Para Men	200m	Final				
3.24pm	U20 Para Women	200m	Final				
3.30pm	U20 Para Men	200m	Final				
3.36pm	AMB Open Women	200m	Final				
3.42pm	AMB Open Men	200m	Final				
3.48pm	U14 Womens	200m	Final				
3.56pm	U14 Men	200m	Final				
4.04pm	Open Women	200m	Final				
4.12pm	Open Men	200m	Final				
4.25pm	Open Women	800m	Final				
4.35pm	Open Men	800m	Final				
4.50pm	U20 Women	4 x 400m Relay	Final				
5.00pm	U20 Men	4 x 400m Relay	Final				
5.10pm	Open Women	4 x 400m Relay	Final				
5.20pm	Open Men	4 x 400m Relay	Final				

*This is the preliminary draft Timetable and is subject to change once entries have closed.

**Draft Timetable as at 17th January 2020 v3 2.30pm

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