

Sunday 13th January 2019				
Event No.	Start Time	Event	Age Group and Gender	Stage
T53	10.30	200m	U17 Women	Heats
T54	10.58	200m	U20 Women	Heats
T55	11.14	200m	Senior Women	Heats
T56	11.26	200m	U17 Men	Heats
T57	11.46	200m	U20 Men	Heats
T58	12.02	200m	Senior Men	Heats
T59	12.18	800m	U17 Women	Heats
T60	12.33	800m	U17 Men	Heats
T61	12.43	800m	U20 Men	Heats
T62	12.58	800m	Senior Men	Heats
T63	13.18	3000m	U20 Women	Final
T64	13.28	3000m	Senior Women	Final
T65	13.38	3000m	U20 Men	Final
T66	13.48	3000m	Senior Men	B Final
T67	13.58	3000m	Senior Men	A Final
T68	14.08	200m	U17 Women	Semi Finals
T69	14.16	200m	U20 Women	Semi Finals
T70	14.24	200m	Senior Women	Semi Finals
T71	14.32	200m	U17 Men	Semi Finals
T72	14.40	200m	U20 Men	Semi Finals
T73	14.48	200m	Senior Men	Semi Finals
T74	14.56	800m	U17 Women	Final
T75	15.01	800m	U20 Women	Final
T76	15.06	800m	Senior Women	Final
T77	15.11	800m	U17 Men	Final
T78	15.16	800m	U20 Men	Final
T79	15.21	800m	Senior Men	Final
T80	15.25	200m	U17 Women	Final
T81	15.29	200m	U20 Women	Final
T82	15.33	200m	Senior Women	Final
T83	15.37	200m	U17 Men	Final
T84	15.41	200m	U20 Men	Final
T85	15.45	200m	Senior Men	Final
Sunday 13th January 2019				
Event No.	Start Time	Event	Age Group and Gender	Stage
F15	10.30	Triple Jump	SenW	FINAL
F16	10.30	High Jump	SM/SW/U20M	FINAL
F17	10.30	High Jump	U20W & U17M	FINAL
F18	11.30	Triple Jump	U17W	FINAL
F19	13.30	High Jump	U17W - Pools A&B	FINAL
F20	14.00	Long Jump	SM	FINAL
F21	14.00	Pole Vault	SM/U20W/U17M	FINAL
F22	14.30	Shot Put	U17M	FINAL
F23	15.00	Long Jump	U20W	FINAL
F24	15.15	Shot Put	U17W	FINAL
F25	16.00	Long Jump	U20M	FINAL

