



Provisional Track & Field Championships Event Timetable 2024

All times shown are provisional and are to help you to plan entries. The actual times (but not the day) may be changed depending on the numbers entering.

The starting heights for High Jump and Pole Vault are shown for each age group. Subsequent progression will be 5cm for High Jump and 10cm for Pole Vault.

PLEASE NOTE: * Under 13 athletes may not compete in 800m and 1500m races on the same day. U15B athletes may not compete in both 800m and 3000m.

‡ **Semi-finals** will only be scheduled if 4 or more heats are required.

UNDER 13 BOYS	UNDER 15 BOYS	UNDER 17 MEN	UNDER 20 MEN	SENIOR MEN
MONDAY 6 MAY 11.00 2000m Walk FINAL	MONDAY 6 MAY 11.00 2000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL
SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY
10.00 Pole Vault (1.60m) 10.20 200m HEATS 11.40 800m* HEATS 12.45 Javelin 14.50 200m FINAL 15.45 Long Jump 15.45 Discus	10.00 Pole Vault (1.60m) 10.00 Long Jump 10.30 200m HEATS 11.55 800m* HEATS 13.20 3000m* FINAL 14.55 200m FINAL 15.45 Discus 17.10 800m* FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (2.90m) 10.00 Long Jump 10.40 200m HEATS 11.25 3000m FINAL 13.45 Discus 13.55 800m HEATS 14.30 Javelin 14.55 200m FINAL 16.30 800m FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (2.90m) 10.45 200m HEATS 11.25 3000m FINAL 12.00 Discus 12.45 Long Jump 14.05 800m HEATS 15.00 200m FINAL 16.30 Javelin 16.35 800m FINAL	10.10 400m Hurdles FINAL 10.00 Pole Vault (2.90m) 10.50 200m HEATS 12.00 Discus 12.45 Long Jump 14.10 800m HEATS 15.00 200m FINAL 15.30 5000m FINAL 16.30 Javelin 16.40 800m FINAL
SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY
12.15 100m HEATS 13.15 75m Hurdles FINAL 13.25 1500m* 13.55 800m* FINAL 15.00 High Jump (1.10m) 15.00 Shot 16.10 100m FINAL	09.30 Hammer 11.10 300m HEATS 12.00 1500m HEATS 12.25 100m HEATS 13.00 High Jump (1.10m) 13.30 Javelin 13.35 80m Hurdles FINAL 14.20 1500m FINAL 14.30 Triple Jump 15.40 300m FINAL 16.10 100m FINAL 16.30 Shot	09.30 Hammer 10.00 High Jump (1.40m) 11.15 400m HEATS 12.05 1500m HEATS 12.35 100m HEATS 13.00 Shot 13.50 100m Hurdles FINAL 14.30 Triple Jump 14.50 1500m S'chase FINAL 15.25 400m FINAL 15.45 1500m FINAL 16.15 100m FINAL	09.30 Hammer 10.00 High Jump (1.40m) 11.20 400m HEATS 12.05 1500m HEATS 12.40 100m HEATS 13.00 Shot 14.10 110m Hurdles FINAL 14.30 Triple Jump 15.00 2000m S'chase FINAL 15.30 400m FINAL 15.50 1500m FINAL 16.20 100m FINAL	09.30 Hammer 10.00 High Jump (1.40m) 11.25 400m HEATS 12.05 1500m HEATS 12.45 100m HEATS 13.00 Shot 14.10 110m Hurdles FINAL 14.30 Triple Jump 15.10 3000m S'chase FINAL 15.35 400m FINAL 15.55 1500m FINAL 16.20 100m FINAL

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UNDER 13 GIRLS	UNDER 15 GIRLS	UNDER 17 WOMEN	UNDER 20 WOMEN	SENIOR WOMEN
MONDAY 6 MAY 11.00 2000m Walk FINAL	MONDAY 6 MAY 11.00 2000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL	MONDAY 6 MAY 11.00 3000m Walk FINAL
SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY	SATURDAY 11 MAY
10.55 800m* HEATS 11.00 Javelin 12.10 100m HEATS 14.20 70m Hurdles HEATS 15.05 100m SEMI-FINALS‡ 15.30 High Jump (1.05m) 15.55 70m Hurdles FINAL 16.00 Shot 16.50 100m FINAL	09.30 Hammer 11.10 300m HEATS 11.30 Triple Jump 12.25 100m HEATS 13.05 1500m HEATS 13.15 High Jump (1.05m) 13.45 75m Hurdles HEATS 14.40 300m FINAL 15.10 100m SEMI-FINALS‡ 16.00 Shot 16.25 75m Hurdles FINAL 16.50 100m FINAL 17.10 1500m FINAL	09.30 Hammer 10.00 High Jump (1.30m) 11.30 Triple Jump 11.15 300m HEATS 12.15 Shot 12.40 100m HEATS 13.35 80m Hurdles HEATS 14.45 300m FINAL 15.15 100m SEMI-FINALS‡ 15.20 1500m S'chase FINAL 16.00 1500m FINAL 16.30 80m Hurdles FINAL 16.55 100m FINAL	09.30 Hammer 10.00 High Jump (1.30m) 12.50 100m HEATS 13.15 100m Hurdles FINAL 14.15 Shot 14.30 Triple Jump 14.30 400m HEATS 15.20 1500m S'chase FINAL 16.05 1500m FINAL 16.45 400m FINAL 17.00 100m FINAL	09.30 Hammer 10.00 High Jump (1.30m) 12.55 100m HEATS 13.15 100m Hurdles FINAL 14.15 Shot 14.30 Triple Jump 14.35 400m FINAL 15.20 1500m S'chase FINAL 16.10 1500m FINAL 17.00 100m FINAL
SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY	SUNDAY 12 MAY
10.20 200m HEATS 12.50 200m SEMI-FINALS‡ 12.30 Long Jump 13.45 1500m* FINAL 13.45 Discus 14.00 800m* FINAL 14.30 200m FINAL	10.00 Pole Vault (1.60m) 10.00 Long Jump 10.30 200m HEATS 11.15 Javelin 11.35 800m HEATS 12.55 200m SEMI-FINALS‡ 13.45 Discus 14.30 200m FINAL 16.25 800m FINAL	10.00 Pole Vault (1.60m) 10.10 300m Hurdles FINAL 10.45 200m HEATS 11.30 Long Jump 11.50 800m HEATS 12.55 200m SEMI-FINALS‡ 13.00 3000m FINAL 14.35 200m FINAL 15.45 Javelin 16.30 800m FINAL 16.15 Discus	10.00 400m Hurdles FINAL 10.00 Pole Vault (1.60m) 10.00 Long Jump 10.55 200m HEATS 11.30 Discus 13.00 3000m FINAL 14.40 200m FINAL 15.45 Javelin 16.35 800m FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (1.60m) 10.00 Long Jump 11.00 200m HEATS 11.30 Discus 13.00 3000m FINAL 14.40 200m FINAL 15.45 Javelin 16.40 800m FINAL

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