

DRAFT TIMETABLE GRID for MENS EVENTS - Country T & F Championships 25-27th January 2013

FRIDAY	70 +	60-69	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
3000 m Walk	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00						
5000 m Run	6.30	6.30	6.30	6.30	6.30	6.30	6.30								
400 m Hurdles			7.08	7.04	7.04	7.00	7.00	7.08	7.08						
200 m Hurdles										7.48	7.48	7.40			
Pole Vault						6.00	6.00	6.00	6.00	6.00					
Hammer						7.50	7.50	7.50	7.50	7.50					
SATURDAY	70 +	60-69	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
100 m Heats				3.15		2.38	3.18	3.00	2.54	2.28	2.24	2.20	2.00	1.56	1.50
100 m Final	3.38	3.38	3.32		3.24										
400 m Heats			12.54	12.48		12.26	12.37	12.22	12.16	12.10	11.38	11.30			
400 m Final	1.00	1.00			1.16										
1500 m	11.10	11.10	11.10	11.04	11.04	11.04	10.48	10.48	10.48	10.40	10.32	10.24	10.16	10.08	10.00
80 m Hurdles													9.26		
90 m Hurdles												9.18			
100 m Hurdles		8.56	8.56							9.00	9.00				
110 m Hurdles				8.38	8.38	8.30	8.38	8.46	8.46						
3k /2k Steeple		5.00	4.40	4.40	4.40	4.40	4.40	4.40	4.40	5.00					
4 x 100 Relay															
High Jump						11.00		1.05	1.05		12.05			2.10	
Long Jump	3.55	3.55	3.55		3.55		10.05			5.25				12.55	12.55
Triple Jump				12.40	12.40	12.40		10.10	10.10		3.25				
Discus				4.50			5.00			1.20				3.10	3.10
Javelin	2.50	2.50	2.50		1.40		1.40			11.50	4.10	10.45			
Shot Put	5.35	5.35	5.35	2.10		2.10	8.50	11.45	11.45			3.40	8.00		
Hammer	8.00	8.00	8.00	8.00	8.00										
SUNDAY	70 +	60-69	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
200 m Heats				10.20	10.25	10.30	11.00	10.05	10.00	11.05	11.10	11.15	9.40	9.35	9.30
200 m Final	11.35	11.40	11.45												
800 m	2.24	2.24	2.30	2.35	2.40	2.45	2.50	3.05	3.10	3.40	4.10	4.00	3.50	2.18	2.06
3000m	8.50	8.50						8.30	8.30	8.30					
1500 m Walk										12.00					
High Jump	10.55	10.55	10.55	10.00	10.00		12.40			12.40		10.00	9.00		9.00
Long Jump				12.45		10.40		8.00	8.00		1.40	1.40	12.10		
Triple Jump	11.45	11.45	11.45				3.20			10.10		8.00			
Discus	3.00	3.00	3.00		4.00	1.40		12.00	12.00		11.45	11.45	8.00		
Javelin				8.00		3.40		1.20	1.20				2.00		
Shot Put					2.20					12.50	4.00			11.40	11.40

Finals required from prelims. will be conducted from approx. 3.30pm

Finals required from prelims will be conducted from approx.4.00pm

Programmed for approx. 5.40 in the following 5 age categories - 30 +, Open, 17 & U, 15 & U, 13 & U.

Finals required from prelims. will be conducted from approx.12.15pm following the 1500m Walk

Note: This is a Draft Timetable. Should heats not be required after entries close, FINAL will be at Heat time.

As this eliminates time allowed for heats & finals, track events may be EARLIER than programmed !

Heats requiring FINALS will be advised on ANSW website after closing date, with estimated time only.

DRAFT TIMETABLE GRID for WOMENS EVENTS - Country T & F Championships 25-27th January 2013

FRIDAY	60 +	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
3000 m Walk	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00						
5000 m Run					6.30									
400 m Hurdles				7.20	7.20	7.25	7.25	7.35						
200 m Hurdles									7.35	7.35	7.40			
Pole Vault					6.00									
Hammer					5.30	5.30	5.30	5.30	5.30					
SATURDAY	60 +	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
100 m Heats			3.04		2.32	3.10	2.48	2.44	2.16	2.10	2.04	1.42	1.36	1.30
100 m Final	3.28	3.28		3.21										
400 m Heats					12.30	12.43	12.04	11.56	11.50	11.44	11.34			
400 m Final	1.10	1.10	1.06	1.20										
1500 m	11.18	11.18	11.18	11.18	10.56	10.56	10.56	10.56	10.40	10.32	10.24	10.16	10.08	10.00
80 m Hurdles			9.38								9.34	9.30		
90 m Hurdles									9.22	9.22				
100 m Hurdles				9.04	9.04	9.04	9.08	9.08						
3k /2k Steeple		5.00	5.00		5.15	5.00								
4 x 100 Relay														
High Jump	1.05	1.05	1.05		11.00		10.15	10.15		12.05		9.35	2.10	9.35
Long Jump				8.00		10.05	4.25	4.25	11.55		2.35		9.00	1.50
Triple Jump	9.00	9.00	9.00	2.10	2.10					8.00				
Discus	11.20	11.20	11.20	10.20		5.00	11.40	11.40	8.00					
Javelin				12.50		12.50			9.15	9.15	8.00			
Shot Put	5.05	5.35	5.05		1.05	8.50					3.40	11.00		
SUNDAY	60 +	50-59	40-49	30-39	Open	18/19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs
200 m Heats		11.20	11.25	11.30	10.55	10.35	10.15	10.10	10.40	10.45	10.50	9.55	9.50	9.45
200 m Final	11.35													
800 m	1.40	1.40	1.46	1.52	3.00	2.55	3.15	3.20	3.25	4.05	3.55	3.45	2.12	1.58
3000m	8.50	8.50	8.50	8.50		8.50	8.30	8.30	8.30					
1500 m Walk									12.00					
High Jump				11.45		11.45			8.00		8.00			
Long Jump	9.00	9.00	9.00		10.40					3.10		12.10		
Triple Jump						9.10	4.00	4.00	10.10		1.50			
Discus					2.40					9.50	9.50	9.00	10.00	10.00
Javelin	2.40	2.40	10.20		9.20		12.20	12.20				2.00		
Shot Put				2.20			10.30	10.30	4.00	12.50			3.30	3.30
Hammer	8.00	8.00	8.00	8.00										

Finals required from prelims. will be conducted from approx. 3.30pm

Finals required from prelims. will be conducted from approx.4.00pm after 100mt finals

Programmed for approx. 5.40 in the following 5 age categories - 30 +, Open, 17 & U, 15 & U, 13 & U.

Finals required from prelims. will be conducted from approx.12.15pm following the 1500m Walk

Note: This is a Draft Timetable. Should heats not be required after entries close, FINAL will be at Heat time.

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