

## Heats Week: 4 – 7 February (Week 4)

TRACK EVENTS ALWAYS TAKE PREFERENCE OVER FIELD EVENTS DURING HEATS WEEK.

Date	Time	Event	Age groups	
Monday 4 <sup>th</sup> February	15:45	Shot Put	u19	
		Discus	u16	
		Javelin	u15	
		High Jump A	u19 (excl. 100m athletes)	
		High Jump B	u15	
		Long Jump	u16	
		100m	u14, u15, u16, u19	
		16:30	Discus	u14
			High Jump A	u19 (excl. 800m athletes)
		17:00	800m	u14, u15, u16, u19
Tuesday 5 <sup>th</sup> February	15:45	Javelin	u19	
		Discus	u15	
		Shot Put	u16	
		High Jump	u16	
		Long Jump	u19	
		16:00	200m	u14, u15, u16, u19
		16:15	Long Jump	u14
		16:30	Shot Put	u14
		17:00	1500m	u15, u16, u19 (no u14)
Wednesday 6 <sup>th</sup> February	15:45	Shot Put	u15	
		Javelin	u16	
		Discus	u19	
		High Jump	u14	
		Long Jump	u15	
			Hurdles	u14, u15, u16, u19
		16:15	400m	u14, u15, u16, u19
Thursday 7 <sup>th</sup> February	16:00	100m (SEMI-FINALS)	u14, u15, u16, u19	
	16:15	3000m (OPEN FINAL)		