



cardiffmetathletics



5th FEB 2017 NON THOMAS GP 3 Timetable (V4)

Call room (15mins before track - field to event) Start Event Male/Female Entries numbers/Location Status	
F1	12:00 Pole Vault 1 Men OPEN & integrated South West Champs *Entries: 10*
F2	12:00 Long Jump Men OPEN & integrated South West Champs *Entries: 26* INFIELD
F3	12:00 Shot Put Men OPEN & Men masters *Entries: 4 & WM 22 *
T1	12:00 60m Hurdles Men OPEN & integrated South West Champs *Entries: 5* 1 race
T2	12:10 Open 60m Hurdles Women OPEN & integrated South West Champs *Entries: 12 2 races
T3	12:20 60m Heats Men OPEN (fastest 16 into A & B Finals) *Entries: 77* 10 races
T4	13:00 60m Heats Women OPEN (fastest 16 f into A & B Finals) *Entries: 43* 5 races
T5	13:20 60m Women Masters Championships *Entries: WM 12 2 races
T6	13:30 60m Mens Masters Championships *Entries: 30* 4 races
T7	13:50 60m Final Men OPEN (16) 2 races
T8	14:00 60m Final Women OPEN (16) 2 races
F4	14:00 Long Jump Women OPEN & integrated South West Champs *Entries: 30* INFIELD
F5	14:00 Shot Put Women OPEN & Women masters *Entries: 6 & WM 5 *
T9	14:10 800m Men OPEN & integrated South West Champs *Entries: 28* 5 races
T10	14:40 800m Women OPEN & integrated South West Champs *Entries 16* 3 races
T11	15:00 Mile 'RAF Invite'
F6	15:00 Pole Vault 2 Women OPEN & integrated South West Champs *Entries 18*
T12	15:10 1500m Men Masters *Entries: 22* 2 races
T13	15:25 1500m Women Masters *Entries: 5* 1 race
T14	15:35 1500m Men OPEN & SW Juniors *Entries: 30* 3 races
T15	15:55 1500m Women OPEN & SW Juniors *Entries: 18* 2 races
T16	16:10 200m Men OPEN & integrated South West Champs *Entries: 38* 10 races
T17	16:40 200m Women & integrated South West Champions *Entries: 38* 10 races
F7	15:30 High Jump Men OPEN & Masters *OPEN 9 & WM 9* BED 1
F8	15:30 High Jump Women OPEN & integrated South West Champs *OPEN 15 & WM 3* BED 2
F9	15:30 Triple Jump Men & Women OPEN & integrated South West Champs - Entries 24 (9M/15F)* OUTFIELD
T18	17:15 400m Men OPEN *Entries: 22* 5 races
T19	17:30 400m Women OPEN *Entries: 16 4 races
T20	17:45 400m Men Masters Championships *Entries: 27 7 races
T21	18:05 400m Women Masters Championships *Entries: SW 7 2 races
	18:15 END