

**cardiffmetathletics****Cardiff Met GP 2 Non Thomas New Year Open 20th Jan 2019****Timetable V3 (SUBJECT TO CHANGES)****TRACK**

Start	Event Male/Female Entries numbers/Location Status
11:30	60m Hurdles Men OPEN & integrated WM & South West Championship *Entries: 11* 2 race
11:40	60m Hurdles Women OPEN & integrated WM & South West Championship *Entries: 12* 2 races
11:50	60m Heats Men OPEN (fastest 8 into A Final) *Entries: 96* 10 races
12:30	60m Heats Women OPEN (fastest 8 f into A Final) *Entries: 80* 8 races
13:00	800m Men OPEN & integrated WM & South West Championship *Entries: 64* 9 races
13:40	800m Women OPEN & integrated WM & South West Championship *Entries 20* 3 races
13:55	60m Final Men OPEN (8) 1 race
14:00	60m Final Women OPEN (8) 1 race
14:05	3000m Mens Invite (15) 1 Race
14:20	1500m Men OPEN & integrated WM & South West Championship *Entries: 59* 4 race
14:50	1500m Women OPEN & integrated WM & South West Championship *Entries: 31* 2 race
15:10	200m Men OPEN & integrated WM & South West Championship *Entries: 65* 14 races
16:00	200m Women OPEN & integrated WM & South West Championship *Entries: 54* 12 races
16:40	400m Men OPEN & integrated WM & South West Championship *Entries: 39* 8 races
17:10	400m Women OPEN & integrated WM & South West Championship *Entries: 34* 7 Open

FIELD

Start	Event Male/Female Entries numbers/Location Status
12:00	Pole Vault Men OPEN & integrated South West Championship *Entries: 13 *
12:00	Long Jump Men OPEN & integrated South West Championship *Entries: 24* INFIELD & OUTFIELD
12:00	Shot Put Men & Women OPEN & integrated South West Championship *Entries: 8 & 6 *
14:00	Long Jump Women OPEN & integrated South West Championship *Entries: 29* INFIELD & OUTFIELD
14:30	Pole Vault Women OPEN & integrated South West Championship *Entries: 10 *
15:30	High Jump Men OPEN & integrated South West Championship *OPEN 10 * BED 1
15:30	High Jump Women OPEN & integrated South West Championship *OPEN 18 * BED 2
15:30	Triple Jump Men Open & integrated South West Championship *Entries 9 OUTFIELD
15:30	Triple Jump Womens Open & integrated South West Championship *Entries 11 INFIELD