

Cardiff Met & RAF GP 2 NEW YEAR OPEN 15th Jan 2017

MUST REGISTER & COLLECT NUMBER AT LEAST 1 HOUR BEFORE

This timetable could still have minor changes due to record entries

	Call room (Approx)	Start Event	Male/Female	Entries numbers/Location	Status		(field go straight to event)
T1	11:30	11:45	60m Hurdles Men	OPEN	*Entries: 7*	1 race	
T2	11:35	11:50	3000m Men & Women	OPEN	*Entries: 10 (9M/1F 1)	* 1 race	
T3	11:45	12:00	Open 60m Hurdles Women	OPEN & South West Champs	*Entries: 9 & *SW 5*	2 races	
F1	12:00		Pole Vault 1 Women	OPEN & Masters Men/South West Champs	*Entries: 11* *MM 4*		
F2	12:00		Long Jump Women	OPEN	*Entries: 21*	INFIELD	
F3	12:00		Long Jump Masters Women		*Entries: MW 5*	OUTFIELD	
F4	12:00		Shot Put Men & Women	OPEN & integrated South West Champs	*Entries: 18 (9M/9F)*		
T4	12:05	12:20	60m Men	South West Championships	*Entries: SW 13 (5 SEN/7 U20)*	2 races	
T5	12:15	12:30	60m Heats Men	OPEN (fastest 16 SW & Open into A & B Finals)	*Entries: 69*	9 races	
T6	12:55	13:10	60m Women	South West Championships	*Entries: SW 15 (5 SEN/10 U20)	2 races	
T7	13:05	13:20	60m Heats Women	OPEN (fastest 16 SW & Open into A & B Finals)	*Entries: 24*	3 races	
T8	13:20	13:35	800m Men	OPEN	*Entries: 27*	5 races	
T9	13:50	14:05	800m Women	OPEN	*Entries 11*	2 races	
T10	14:00	14:15	800m Masters Men & Masters Women		*Entries: MM 22* *Entries: MW 6 *	5 races	
T11	14:25	14:40	1000m Invite		*Entries: 2*		
F5	14:00		Long Jump Men	OPEN	*Entries: 31*	INFIELD	
F6	14:00		Long Jump Masters Men	Masters	*Entries: MM 13*	OUTFIELD	
T12	14:30	14:45	60m Final Men	OPEN (16)		2 races	
T13	14:40	14:55	60m Final Women	OPEN (16)		2 races	
T14	14:50	15:05	1500m Men	OPEN & integrated South West Championships	*Entries: 32*	3 races	
T15	15:10	15:25	1500m Women	OPEN & integrated South West Championships	*Entries: 12*	1 race	
F7	15:00		Pole Vault 2 Men	OPEN & integrated South West Championships	*Entries 13*		
T16	15:20	15:35	200m Men	OPEN	*Entries: 37*	10 races	
T17	16:00	16:15	200m Women		*Entries: 25*	6 races	
T18	16:20	16:35	200m Masters Men		*Entries: MM 27*	7 races	
T19	16:50	17:05	200m Masters Women		*Entries: MW 10*	3 races	
F8	15:30		High Jump Men	OPEN & integrated South West Champs	*OPEN 6 & SW 5*	BED 1	
F9	15:30		High Jump Women	OPEN & integrated South West Champs	*OPEN 7 & SW 4*	BED 2	
F10	15:30		Triple Jump Men & Women	OPEN	*Entries 19 (13M/6F)*	INFIELD	
F11	15:30		Triple Jump Women		*Entries WM 15*	OUTFIELD	
T20	17:05	17:20	400m Men	South West Championships	*Entries: SW 11 (4 SEN/7 U20)*	3 races	
T21	17:20	17:35	400m Men	OPEN	*Entries: 21*	5 races	
T22	17:40	17:55	400m Women	South West Championships	*Entries: SW 7 (2 SEN/5 U20)	2 races	
T23	17:55	18:10	400m Women	OPEN	*Entries: 11	3 Open	

