

**WSAA TRACK & FIELD CHAMPIONSHIP 2019:**

**INTERMEDIATE & SENIOR TRACK PLUS SOME YEAR 7 EVENTS, TIMETABLE** To be read in conjunction with the Junior Track TT and the complete Field TT **NB see Junior Track Timetable for steeplechase @13.30 & 3.000m @ 16.21**

WSAA **strongly recommend** that Inter & Sen athletes do not compete in 200m then hurdles or in both the 800m and 1500m.

NB: Y7 can only enter one track event and one field.

Time	Event	Event	Heat / Final	NS	ES	CS/DS:Y7
09.45	T1	IG 300 Hurdles @ 76.2cm	F	45.00	46.40	50.00
	T2	SG 400 Hurdles @76.2cm	F	64.00	66.00	69.50
	T3	IB 400 Hurdles @84cm	F	56.50	58.50	60.50
	T4	SB 400 Hurdles @91.4cm	F	55.00	57.20	59.50
09.55	T5	IG 100m	H to Final T18	12.20	12.50	13.00
10.00	T6	SG 100m	F	12.10	12.40	13.00
10.03	T7	IB 100m	H to Final T17	11.00	11.20	11.70
10.07	T8	SB 100m	F	10.80	11.00	11.50
10.10	T9	Y7B 100m	H to Final T19			13.80
10.15	T10	Y7G 100m	H to Final T20			14.30
10.22	T11	Y7B 800m	F			2:34.00
10.26	T12	Y7G 800m	F			2:48.00
10.32	T13	IB 400m	H to Final T44	49.50	51.10	53.40
	T14	SG 400m	F	57.00	58.30	61.00
	T15	SB 400m	F	48.80	49.50	52.50
10.42	T16	IG 300m	H to Final T45	40.1	41.00	44.8
10.48	T17	IB 100m	F from T7	11.00	11.20	11.70
10.51	T18	IG 100m	F from T5	12.2	12.5	13.0
10.54	T19	Y7B 100m	F from T9			13.80
10.57	T20	Y7G 100m	F from T10			14.30
11.03	T21 & T22	IG & SG 1500m ONE RACE	F	IG: 4:39.00 SG: 4:36.00	4:45.00 4:42.00	5:04.00 5:00.00
11.13	T23	SB 110m Hurdles @99CM	F	14.60	15.30	16.20
11.21	T24	IB 100m Hurdles @ 91.4CM	H to Final T41	13.50	14.00	15.00
11.26	T25	SG 100m Hurdles @ 84cm	F	14.60	15.20	16.50
11.32	T26	IG 80m Hurdles @ 76.2cm	H to Final T40	11.60	12.00	13.00
11.38	T27 & T28	IB & SB 1500m ONE RACE	F	IB: 4:03.00 SB: 3:55.00	4:06.00 3:58.00	4:20.00 4:15.00
11.46	T29	Y7B 150m	H to Final T48			N/A
11.52	T30	Y7G 150m	H to Final T49			N/A
11.58	T31	IB 200m	H to Final T46	22.20	22.70	24.00
12.04	T32	IG 200m	H to Final T47	25.10	25.80	27.00
12.10	T33	SB 200m	F	21.90	22.20	23.20
12.13	T34	SG 200m	F	25.10	25.80	26.50
12.18	T35& T36	IB & SB 800m ONE RACE	F	IB: 1:55.00 SB: 1:52.00	1:57.00 1:54.00	2:05.00 2:02.00
12.25	T37	Y7G 70m Hurdles@ 68cm	H to Final T54			13.50
12.31	T38	Y7B 70m Hurdles @ 68cm	H to Final T55			13.00
12.37	T39	Y7B 75 m Hurdles @ 68cm	F			14.00
12.44	T40	IG 80m Hurdles @ 76.2cm	F from T26	11.60	12.00	13.00
12.51	T41	IB 100m Hurdles @ 91.4cm	F from T24	13.50	14.00	15.00
12.56	T42 & T43	IG & SG 800m ONE RACE	F	IG: 2:13.00 SG: 2:12.00	2:16.00 2:15.00	2:25.0 2:25.00
13.01	T44	IB 400m	F from T13	49.50	51.10	53.40
13.06	T45	IG 300m	F from T16	40.1	41.00	44.8
13.11	T46	IB 200m	F from T31	22.20	22.70	24.00
13.14	T47	IG 200m	F from T32	25.10	25.80	27.00
13.17	T48	Y7B 150m	F from T29			N/A
13.20	T49	Y7G 150m	F from T30			N/A

## WSAA TRACK & FIELD CHAMPIONSHIP 2019

### JUNIOR TRACK TIMETABLE plus some Y7 events

### and the Senior & Inter steeplechase & 3.000m

To be read in conjunction with the Senior & Inter Track TT and the complete Field TT.

NB: Y7 can only enter one track event and one field event.

Note\*: JG 300m: The County Standard stated is a WSAA unofficial guideline as this is a new event the official County Standard and District Standards will be published in 2019

**Note: This timetable does not allow athletes to compete in 200m and hurdles or 1500m and hurdles (WSAA rule) or 800m and 1500m (UKA rule)**

Time	Event Number	Event	NS	ES	CS / DS: Y7
13.30	T50 & 51	IG & SG 1500m S/C <b>Final</b> ONE RACE @ 76.2cm	IG: 5:13.00 SG: 5:10.00	5:23.00 5:17.00	5:50.00 5:45.00
	T52 T53	IB 1500m S/C <b>Final</b> @ 91.4cm SB 2000m S/C <b>Final</b> @ 91.4 cm	IB: 4:32.00 SB: 6:08.00	4:40.00 6:16.00	4:58.00 6:30.00
13.45	T54	Y7G 70m Hurdles @ 68cm <b>Final</b> from Heats T37			13.50
13.49	T55	Y7B 70m Hurdles @ 68cm Heats <b>Final</b> from T38			13.00
13.56	T56	JG 75 m Hurdles@76.2cm Heats to Final T67	11.40	11.70	12.80
14.03	T57	JB 80m Hurdles @84cm Heats to Final T66	11.60	12.00	12.90
14.10	T58	JG 200m Heats to Final T64	25.50	26.20	27.60
14.16	T59	JB 200m Heats to Final T65	23.30	23.80	25.30
14.25	T60	JG 800m <b>Final</b>	2:15.00	2:19.00	2:29.00
14.30	T61	JG 1500m <b>Final</b>	4:40.00	4:48.00	5:10.00
14.40	T62	JB 300m Heats to Final T74	36.80	37.80	40.00
14.46	T63	JG 300m Heats to Final T75	41.00	42.000	44.4*
14.54	T64	JG 200m <b>Final</b> from heats T58	25.50	26.20	27.60
14.57	T65	JB 200m <b>Final</b> from heats T59	23.30	23.80	25.30
15.07	T66	JB 80m Hurdles @84cm <b>Final</b> from heats T57	11.60	12.00	12.90
15.14	T67	JG 75m Hurdles @ 76cm <b>Final</b> from heats T56	11.40	11.70	12.80
15.20	T68	JB 800m <b>Final</b>	2:02.00	2:04.00	2:13.00
15.25	T69	Y7G 1,200m <b>Final</b>			N/A
15.32	T70	JB 100 m Heats to Final T76	11.4	11.7	12.3
15.35	T71	JG 100m Heats to Final T77	12.4	12.7	13.3
15.51	T72	JB 1500m <b>Final</b>	4:13.00	4:20.00	4:36.00
16.00	T73	Y7B 1,200m <b>Final</b>			N/A
16.06	T74	JB 300m <b>Final</b> from heats T62	36.80	37.80	40.00
16.09	T75	JG 300m <b>Final</b> from heats T63	41.00	42.00	44.4*
16.14	T76	JB 100m <b>Final</b> from heats T70	11.4	11.7	12.3
16.17	T77	JG 100m <b>Final</b> from heats T71	12.4	12.7	13.3
16.21	T78 & T79 Together With: T80 & T81	IB & SB 3,000m <b>FINAL</b> As one race with: IG & SG 3,000m <b>FINAL</b>	IB: 8:50.00 SB: 8:33.00 IG: 10:10.0 SG: 10:06.0	8:56.00 8:36.00 10:20.00 10:16.00	9:30.00 9:20.00 10:50.00 10:48.00