**SCVAC INDOOR CHAMPIONSHIPS – LEE VALLEY – 10.02.2019**

**PROVISIONAL TIMETABLE**

TRACK

11.00 60 HURDLES

11.30 3000 WALK

12.00 800

13.00 200

13.45 LUNCH BREAK FOR TRACK OFFICIALS

14.15 3000

15.00 60

15.45 400

16.30 1500

MEN WILL RUN FIRST, FOLLOWED BY WOMEN. BUT WHERE THERE ARE VERY FEW ATHLETES FOR A RACE MEN AND WOMEN MAY RUN IN THE SAME RACE

ALL RACES ARE FINALS. WHERE THERE ARE TOO MANY ATHLETES FOR A RACE THERE WILL BE SEEDED A AND B FINALS

FIELD

11.00 POLE VAULT – MEN AND WOMEN

11.00 SHOT – WOMEN

11.00 LONG JUMP – MEN – M35-59

12.15 SHOT – MEN – 35-59

12.30 LONG JUMP – MEN M60+

13.30 LONG JUMP - WOMEN –

13.30 SHOT – MEN – 60+

14.30 HIGH JUMP – MEN AND WOMEN

14.30 TRIPLE JUMP – MEN

15.30 TRIPLE JUMP - WOMEN

FOUR ATTEMPTS ONLY IN LONG JUMP, TRIPLE JUMP AND SHOT

THE ORDER OF EVENTS WILL NOT CHANGE, BUT THERE MAY BE ADJUSTMENTS TO TIMING DEPENDING ON ENTRIES.

A FINAL PROGRAMME, INCLUDING A FINAL TIMETABLE WILL BE SENT TO ALL

ATHLETES AT LEAST A WEEK BEFORE THE CHAMPIONSHIPS