

2019 Keith Ward Memorial Meeting and Norfolk Indoor Championships : Timetable

	Time	Field Events		Time	Track Events
F1	10.00am	Shot: (Male U17 / Sen Men)	T1	13.30pm	U13 Girls 60m Sprint 3 Heats
F2	10.00am	Long Jump: (U15 Girls)	T2	13.39pm	U15G 60m Sprint 2 Heats
F3a	10.00am	High Jump: (all age groups) Min Start Ht. 1.35m	T3	13.45pm	U17 Women 60m Sprint 3 Heats
F3b	To follow on	High Jump: (all age groups) Min Start Ht. 1.00m	T4	13.55pm	U13 Boys 60m Sprint 2 Heats
F4	10.00am	Pole Vault :(All Age Groups)	T5	14.03pm	U15 Boys 60m Sprint 2 Heats
F5	10:40am	Long Jump :(U13 Girls)	T6	14.10pm	U17 Men 60m Sprint 2 Heats
F6	10.40am	Shot: (U13 & U15B)	T7	14.16pm	Sen Women 60m Sprint 2 Heats
F7	11:30am	Shot: (U13 & U15 Girls)	T8	14:30pm	U13 Girls 60mH 2 Heats
F8	11.40pm	Long Jump: (U13 & U15 Boys)	T9	14.41pm	U17 Women 60mH 2 Heats
F9	12:05pm	Shot: Female (U17 / Sen Women)	T10	14.50pm	U13 Boys 60mH Final
F10	12.50pm	Long Jump (U17/ Senior Women)	T11	14.57pm	U15 Girls 60mH Final
F11	13.50pm	Long Jump (U17/ Senior Men)	T12	15.05pm	U15B 60mH Final
F12	14.40pm	Long Jump (U11 Girls & Boys) (U20W T20)	T13	15.10pm	U20W 60mH Final
F13	15.35pm	Triple Jump all ages	T14	15.18pm	Sen Women 60mH +W55 guest
			T15	15.28pm	U17M 60mH Finals
			T16	15.35pm	U20M / Sen Men 60mH Final
			T17	15:45pm	U13 Girls 60mH Final
		Max 4 trials for Shot	T18	15:53pm	U17W 60mH Final
			T19	16.00pm	U11 Boys 60m Final
		Max 3 Trials for Long Jump & Triple Jump	T20	16.04pm	U11 Girls 60m Time Trials
			T21	16.10pm	U13 Boys 60m Sprint Final
			T22	16:14pm	U15 Boys 60m Sprint Final
		High Jump progression 5cm	T23	16.18pm	U17 Men 60m Sprint Final
		Pole Vault progression 10cm	T24	16.22pm	IPC 60m Sprint Final
			T25	16.28pm	U20 Women 60m Sprint Final
		Warm up for ALL High jumps from 09:15.	T26	16.32pm	Sen Women 60m Sprint final
		Pool A will jump 1 st , then pool B will follow on.	T27	16.36pm	Vet Women 60m Final
		Top athlete in each age group eligible for attempt at 1 additional	T28	16:40pm	U13 Girls 60m Sprint Final
		height of their choosing: NO Jump-offs for 1 st place	T29	16:44pm	U15 Girls 60m Sprint Final
			T30	16:48pm	U17 Women 60m Sprint Final
			T31	16:52pm	U20 Men 60m Sprint Final
			T32	16:56pm	Sen Men 60m Sprint Final
		Version Date 20 th Jan 2019	T33	17:00pm	Vet Men 60m Sprint Final