**Main Championship Entry Notes and Provisional Timetable**

1. Please submit a separate application form for each age group entered, but a single competition number will be issued.
2. This event is **not** open to Under 13 athletes and Under 15 & Under 17 athletes will not be permitted to compete in more than three individual events on the same day.
3. In all sprint races Start Information System (SIS) will be used so Stadium blocks must be used.
4. In Triple jump the board positions will be as follows:- SM 11/13m; U20M 9/11m; SW, U20W, U17W,

 U17M 7/9m.

1. New UKA Rules for Competition Seeding and Preferred Lanes Rules are likely to be applied. Details should be included with the Athlete’s Information and Instructions.

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| Provisional Schedule of Events |
| **MEN’S EVENTS** |  | **WOMEN’S EVENTS** |
| SEN | SAT | 100,400,1500,5K,110H,PV,SP,DT,HT |  | SEN | SAT | 200,800,5K,400H,1500SC,HJ,LJ,TJ,JT |
| SEN | SUN | 200,800,400H,2KSC,3KWHJ,TJ,JT,LJ |  | SEN | SUN | 100,400,1500,100H,3KWPV,HT,SP,DT |
| U20 | SAT | 100,400,1500,110H,PV,SP,DT,HT |  | U20 | SAT | 200,800,400H,1500SC,HJ,LJ,TJ,JT |
| U20 | SUN | 200,800,400H,2KSC,3KWHJ,TJ,JT,LJ |  | U20 | SUN | 100,400,1500,100H,3KWPV,HT,SP,DT |
| U17 | SAT | 100,400,1500,100HHJ,LJ,TJ,JT |  | U17 | SAT | 200,800,300H,1500SC,PV,SP,DT,HT |
| U17 | SUN | 200,800,400H,1500SC,3KWPV,HT,SP,DT |  | U17 | SUN | 100,300,1500,80H,3KWHJ,LJ,TJ,JT |
| U15 | SAT | 100,300m,800\*,80HHJ,LJ,TJ,JT |  | U15 | SAT | 200,800\*,75HPV,HT,SP,DT |
| U15 | SUN | 200, 800\*\*,1500\*\*\*,3KWPV,HT,SP,DT |  | U15 | SUN | 100,300,800\*\*,1500\*\*\*,3KWHJ,LJ,TJ,JT, |
| **The organisers reserve the right to amend if necessary once entry numbers are known** |

\* Heats
\*\* Final
\*\*\* 800m finalist will not be permitted to compete in the 1500m races. Under 15 Athletes are therefore advised to only enter one or other of the two events.