

## TriCounties Indoor timetable

15/16 March 2025

**Saturday Timetable - Track**

10:00	T1	U15G 60 Metres Hurdles - Herts - Final	6
10:03	T2	U15G 60 Metres Hurdles - Kent - Heats	11 (2H)
10:09	T3	U15G 60 Metres Hurdles - Middx - Heats	8 (2H)
10:17	T4	U17W 60 Metres Hurdles - Herts - Final	5
10:20	T5	U17W 60 Metres Hurdles - Kent - Heats	9 (2H)
10:26	T6	U17W 60 Metres Hurdles - Middx - Final	3
10:31	T7	U15B 60 Metres Hurdles - Herts/Middx- Final	4/3
10:34	T8	U15B 60 Metres Hurdles - Kent - Final	5
10:37	T9	SM 60 Metres Hurdles - Herts/Middx/Kent - Final	0/4/3
10:42	T10	U20M 60 Metres Hurdles - Kent - Final	5
10:45	T11	U20M 60 Metres Hurdles - Herts/Middx - Final	1/3
10:50	T12	U17M 60 Metres Hurdles - Kent - Heats	11 (2H)
10:56	T13	U17M 60 Metres Hurdles - Herts - Final	6
10:59	T14	U17M 60 Metres Hurdles - Middx - Final	4
11:05	T15	U20W 60 Metres Hurdles - Kent - Heats	9 (2H)
11:13	T16	SW/U20W 60 Metres Hurdles - Herts/Middx - Final	0/1;1/2
11:18	T17	U15G 60 Metres Hurdles - Kent - Final	
11:21	T18	U15G 60 Metres Hurdles - Middx - Final	
11:24	T19	U17W 60 Metres Hurdles - Kent - Final	
11:29	T20	U17M 60 Metres Hurdles - Kent - Final	
11:35	T21	U20W 60 Metres Hurdles - Kent - Final	
11:45	T22	U15G 200 Metres - Herts - Final	5
11:48	T23	U15G 200 Metres - Middx - Heats	25 (5H)
12:03	T24	U15G 200 Metres - Kent - Heats	24 (4H)
12:15	T25	U17W 200 Metres - Herts - Heats	11 (2H)
12:21	T26	U17W 200 Metres - Middx - Heats	24 (4H)
12:33	T27	U17W 200 Metres - Kent - Heats	23 (4H)
12:45	T28	U20W 200 Metres - Middx - Heats	13 (3H)
12:54	T29	U20W 200 Metres - Kent - Heats	7 (2H)
13:00	T30	SW 200 Metres - Middx - Heats	8 (2H)
13:06	T31	SW 200 Metres - Herts/Kent - Final	1/4
13:09	T32	U15B 200 Metres - Herts - Final	5
13:12	T33	U15B 200 Metres - Kent - Heats	14 (3H)
13:21	T34	U15B 200 Metres - Middx - Heats	12 (2H)
13:27	T35	U17M 200 Metres - Herts - Final	4
13:30	T36	U17M 200 Metres - Kent - Heats	16 (3H)
13:39	T37	U17M 200 Metres - Middx - Heats	24 (4H)
13:51	T38	SM/U20M 200 Metres - Herts- Final	2/2
13:54	T39	U20M 200 Metres - Kent - Heats	10 (2H)
14:00	T40	U20M 200 Metres - Middx - Heats	11 (2H)
14:06	T41	SM 200 Metres - Kent - Heats	10 (2H)
14:12	T42	SM 200 Metres - Middx - Heats	13 (3H)
14:21	T43	U15G 200 Metres - Kent - Semi Finals	2sf
14:27	T44	U15G 200 Metres - Middx - Semi Finals	2sf
14:33	T45	U17W 200 Metres - Herts - Final	
14:36	T46	U17W 200 Metres - Kent - Semi Finals	2sf
14:42	T47	U17W 200 Metres - Middx - Semi Finals	2sf
14:48	T48	U20W 200 Metres - Middx - Final	
14:51	T49	U20W 200 Metres - Kent - Final	
14:54	T50	SW 200 Metres - Middx - Final	
14:57	T51	U15B 200 Metres - Kent - Final	
15:00	T52	U15B 200 Metres - Middx - Final	
15:03	T53	U17M 200 Metres - Middx - Semi Finals	2sf
15:09	T54	U17M 200 Metres - Kent - Final	
15:12	T55	U20M 200 Metres - Kent - Final	
15:15	T56	U20M 200 Metres - Middx - Final	
15:18	T57	SM 200 Metres - Kent - Final	
15:21	T58	SM 200 Metres - Middx - Final	

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15:24	T59	U17M 800 Metres - Kent - Heats	13 (2H)
15:30	T60	2K/3k Walk - All	7/7
15:55	T61	U17W/U15G 800 Metres - Herts - Final	3/3
15:58	T62	U15G 800 Metres - Kent - Heats (FINAL ON SUNDAY)	11 (2H)
16:04	T63	U15G 800 Metres - Middx - Final	8
16:07	T64	U17W 800 Metres - Kent - Final	7
16:10	T65	U20W/U17W 800 Metres - Middx - Final	1/3
16:13	T66	U17M/U15B 800 Metres - Herts - Final	2/4
16:16	T67	U15B 800 Metres - Kent - Heats (FINAL ON SUNDAY)	14 (2H)
16:22	T68	U15B 800 Metres - Middx - Final	7
16:25	T69	U17M 800 Metres - Middx - Final	7
16:28	T70	SM/U20M 800 Metres - Herts/Kent - Final	1/1 (H) -/1 (K)
16:31	T71	U20M 800 Metres - Middx - Final	7
16:34	T72	SM 800 Metres - Kent - Final	5
16:37	T73	SM 800 Metres - Middx - Final	6
16:41	T74	SW 800 Metres - Herts/Middx - Final	1/3
	T74	U20W 800 Metres - Kent (with T74 above)	3
16:45	T75	SW 800 Metres - Kent - Final	7
16:50	T76	U17M 200 Metres - Middx - Final	
16:53	T77	U15G 200 Metres - Middx - Final	
16:56	T78	U15G 200 Metres - Kent - Final	
16:59	T79	U17W 200 Metres - Middx - Final	
17:02	T80	U17W 200 Metres - Kent - Final	
17:05	T81	U17M 800 Metres - Kent - Final	

**Saturday Timetable - Field**

10:00	F1	U20M/SM Shot - All	10/4
10:00	F2	U17M Long Jump - Herts/Middx - North pit	13
10:20	F3	U17W/U15G Pole Vault - All	6
11:10	F4	U17M Long Jump - Kent - North pit	11
11:30	F5	U15B Shot - All	14
12:30	F6	SW/U20W Pole Vault - All	10
12:40	F7	U15B Long Jump - Kent - North pit	12
12:40	F8	U15B Long Jump - Herts/Middx - South pit	17
13:00	F9	SM/U20M High Jump - All - Bed 1	9
13:00	F10	U17W High Jump - Bed 2	14
14:00	F11	U17M Shot - All	7
14:10	F12	U20M Long Jump - All - South pit	9
14:40	F13	SW/U20W Triple Jump - All - North pit	13
15:20	F14	SM Long Jump - All - South pit	13
15:30	F15	SW/U20W High Jump - Bed 1	10
15:30	F16	U15G High Jump - Bed 2	15
16:10	F17	U17W/U15G Triple Jump - All - North pit	19

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**Sunday Timetable - Track**

10:00	T83	U15G 60 Metres - Herts - Heats	13 (2H)
10:06	T84	U15G 60 Metres - Kent - Heats	21 (3H)
10:15	T85	U15G 60 Metres - Middx - Heats	29 (4H)
10:27	T86	U17W 60 Metres - Herts - Heats	12 (2H)
10:33	T87	U17W 60 Metres - Kent - Heats	19 (3H)
10:42	T88	U17W 60 Metres - Middx - Heats	25 (4H)
10:54	T89	SW/U20W 60 Metres - Herts - Final	3/1
10:57	T90	U20W 60 Metres - Kent - Heats	15 (2H)
11:03	T91	U20W 60 Metres - Middx - Heats	12 (2H)
11:09	T92	SW 60 Metres - Kent - Final	5
11:12	T93	SW 60 Metres - Middx - Heats	10 (2H)
11:15	T94	U15B 60 Metres - Herts - Final	6
11:18	T95	U15B 60 Metres - Kent - Heats	18 (3H)
11:27	T96	U15B 60 Metres - Middx - Heats	19 (3H)
11:36	T97	U17M 60 Metres - Herts - Heats	9 (2H)
11:42	T98	U17M 60 Metres - Kent - Heats	20 (3H)
11:51	T99	U17M 60 Metres - Middx - Heats	29 (4H)
12:03	T100	SM/U20M 60 Metres - Herts- Final	1/4
12:06	T101	U20M 60 Metres - Kent - Heats	17 (3H)
12:15	T102	U20M 60 Metres - Middx - Heats	18 (3H)
12:24	T103	SM 60 Metres - Kent - Heats	17 (3H)
12:33	T104	SM 60 Metres - Middx - Heats	40 (5H)
12:48	T105	U15G 60 Metres - Middx - Semi-finals	2sf
12:54	T106	U17W 60 Metres - Middx - Semi-finals	2sf
13:00	T107	U17W 60 Metres - Herts - Final	
13:03	T108	U17W 60 Metres - Kent - Final	
13:06	T109	U17M 60 Metres - Middx - Semi-finals	2sf
13:12	T110	U15G 60 Metres - Herts - Final	
13:15	T111	U15G 60 Metres - Kent - Final	
13:18	T112	U20W 60 Metres - Kent - Final	
13:21	T113	U20W 60 Metres - Middx - Final	
13:24	T114	U15B 60 Metres - Kent - Final	
13:27	T115	U15G 60 Metres - Middx - Final	
13:30	T116	SM 60 Metres - Middx - Semi Finals	3sf
13:39	T117	U15B 60 Metres - Middx - Final	
13:42	T118	U17M 60 Metres - Herts- Final	
13:45	T119	U17M 60 Metres - Kent - Final	
13:48	T120	U17M 60 Metres - Middx - Final	
13:51	T121	U20M 60 Metres - Kent - Final	
13:54	T122	U20M 60 Metres - Middx - Final	
13:57	T123	SM 60 Metres - Kent - Final	
14:00	T124	U17W 60 Metres - Middx - Final	
14:03	T125	SW 60 Metres - Middx - Final	
14:06	T126	SM 60 Metres - Middx - Final	
14:09	T127	U15G/U15B 300 Metres - Herts - Final	2/1
14:12	T128	U15G 300 Metres - Kent - Final	7
14:15	T129	U15G 300 Metres - Middx - Final	7
14:18	T130	U15B 300 Metres - Kent - Final	4
14:21	T131	U15B 300 Metres - Middx - Final	5
14:24	T132	U17W 300 Metres - Kent - Final	7
14:27	T133	U17W 300 Metres - Middx - Heats	9 (2H)
14:33	T134	U15G 800m - Kent - Final (From Saturday)	
14:37	T135	U15B 800m - Kent - Final (From Saturday)	
14:41	T136	U17W 400 Metres - Herts - Final	6
14:44	T137	U17M 400 Metres - Herts - Final	3
14:47	T138	U17M 400 Metres - Kent - Heats	16 (3H)
14:56	T139	U17M 400 Metres - Middx - Final	5
14:59	T140	SM 400 Metres - Kent - Heats	7 (2H)

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15:05	T141	SM 400 Metres - Middx - Heats	10 (2H)
15:11	T142	U20M 400 Metres - Herts - Final	4
15:14	T143	SW 400 Metres - Kent - Heats	8 (2H)
15:20	T144	U20W 400 Metres - Middx - Heats	7 (2H)
15:26	T145	U20W 400 Metres - Kent - Heats	8 (2H)
15:32	T146	SW/U20W 400 Metres - Herts/Middx - Final	2 SW (M);2 U20W (H)
15:35	T147	U20M 400 Metres - Kent - Heats	7 (2H)
15:38	T148	U20M 400 Metres - Middx - Final	6
15:41	T149	U15G/U17W 1500 Metres - Herts/Kent/Middx - Final	2/4/6
15:47	T150	SW/U20W 1500 Metres - Kent/Middx - Final	5/4
15:53	T151	U15B 1500 Metres - Herts/Kent/Middx - Final	1/3/4
15:59	T152	SM 1500 Metres - Kent/Middx - Final	4/9
16:05	T153	U20M/U17M 1500 Metres - Herts/Kent/Middx - Final	1 U20M (H); U17M 3/3
16:11	T154	U17W 300 Metres - Middx - Final	
16:14	T155	U17M 400 Metres - Kent - Final	
16:17	T156	SM 400 Metres - Middx - Final	
16:20	T157	SW 400 Metres - Kent - Final	
16:23	T158	U20M 400 Metres - Kent- Final	
16:26	T159	SM 400 Metres - Kent - Final	
16:29	T160	U20W 400 Metres - Middx - Final	
16:32	T161	U20W 400 Metres - Kent - Final	

**Sunday Timetable - Field**

10:00	F18	SW Long Jump - All - North pit	13
10:00	F19	U17M/U15B Pole Vault - All	11
10:00	F20	U15G Shot - All	14
11:10	F21	SW Shot - All	10
11:20	F22	U20W Long Jump - All - North pit	13
12:20	F23	U17W Shot - All	17
13:00	F24	U15G Long Jump -All - North pit	22
13:50	F25	U20W Shot - All	6
13:50	F26	SM/U20M Pole Vault - All	18
14:30	F27	U15B High Jump - All - Bed 2	8
14:30	F28	U17W Long Jump - Kent - South pit	11
14:30	F29	U17M High Jump - All - Bed 1	18
14:50	F30	U17M/U15B Triple Jump - All - North pit	16
16:00	F31	SM/U20M Triple Jump - All - South pit	13
16:40	F32	U17W Long Jump - Herts/Middx - North pit	8

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