

National Indoor Senior and Under 17 Championships  
Emirates Arena  
30th JANUARY 2016

<b>Straight Track</b>				
<b>No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
1	10.00	60m	Men	1
2	10.16	60m	U17 Women	1
3	10.32	60m	U17 Men	1
4	10.48	60m	Women	1
5	11.00	60m Hurdles	Men	Final
6	11.05	60m Hurdles	U17 Men	1
7	11.13	60m Hurdles	Women	1
8	11.21	60m Hurdles	U17 Women	1
9	11.40	60m	Men	Semi final
10	11.48	60m	U17 Women	Semi final
11	11.56	60m	U17 Men	Semi final
12	12.05	60m Hurdles	U17 Men	Final
13	12.10	60m Hurdles	Women	Final
14	12.15	60m Hurdles	U17 Women	Final
15	12.20	60m	Women	Final
16	12.24	60m	Men	Final
17	12.28	60m	U17 Women	Final
18	12.32	60m	U17 Men	Final
<b>Lunch</b>				

<b>Circular Track</b>				
<b>No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
19	11.30	1500m	SM	1
20	11.50	300m	U17 Women	1
21	12.05	400m	Men	1
22	12.25	400m	Women	1
23	12.40	400m	U17 Men	1
24	12.52	800m	U17 Women	1
25	13.00	800m	U17 Men	1
26	13.15	800m	Women	1
27	13.30	800m	Men	1
28	13.45	1500m	U17 Men	Final
29	13.55	1500m	Men	Final
30	14.05	400m	Men	Semi final
31	14.15	200m	U17 Women	1
32	14.40	200m	U17 Men	1
33	15.00	200m	Men	1
34	15.24	200m	Women	1
35	15.36	300m	U17 Women	Final
36	15.40	400m	U17 Men	Final
37	15.44	400m	Women	Final
38	15.48	400m	Men	Final
39	15.52	200m	U17 Women	Semi final
40	16.00	200m	Men	Semi final
41	16.10	800m	U17 Women	Final
42	16.15	800m	U17 Men	Final
43	16.20	800m	Women	Final
44	16.25	800m	Men	Final
45	16.30	1500m	U17 Women	Final
46	16.40	1500m	Women	Final
47	16.50	200m	U17 Women	Final
48	16.55	200m	U17 Men	Final
49	17.00	200m	Women	Final
50	17.05	200m	Men	Final

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Field				
No	Time	Event	Age Group	Round
51	10.00	Long Jump	U17 Women	Final
52	10.00	Shot Putt	U17 Men	Final
53	11.25	Pole Vault	U17 Women	Final
54		Pole Vault	Women	Final
55	11.30	Long Jump	U17 Men	Final
56	11.30	Shot Putt	U17 Women	Final
57	13.00	Long Jump	Men	Final
58	13.00	Shot Putt	Men/Women	Final
59	13.10	High Jump	U17 Men	Final
60	13.15	High Jump	Women	Final
61	13.55	Pole Vault	Men	Final
62		Pole Vault	U17 Men	Final
63	14.00	Long Jump	Women	Final
64	14.00	Triple Jump	Men	Final
65		Triple Jump	U17 Men	Final
66	14.55	High Jump	U17 Women	Final
67	15.00	High Jump	Men	Final
68	15.45	Triple Jump	Women	Final
69		Triple Jump	U17 Women	Final

Triple Jumps events will be held in Warm UP area pit  
 Long Jump events will be held in the Arena Pit