



2018/19 Knox Championship Day

Information to help the day run smoothly...

- 1 There are no heats today - all track events are straight finals
- 2 There are no separate Call Rooms today:
 - For all Front Straight events, marshalling will be done at the start line, like on a normal Saturday morning.
 - For all Circular Track events, marshalling will be done at Area 5 (not Area 3)
 - For all Field events - go straight to the event area.
 - For ALL events, check in is 10 minutes prior to the listed start time for your event. Don't be late or you could miss it!
- 3 If you have a clash between a track and a field event, please advise the field event first that you have a clash, then report to the relevant track area. Once you have completed the track event go straight back to the field event provided you checked in beforehand. Alternatively, if you have time, you can go to the field event (apart from High Jump) and ask to have your 3 jumps/throws together so that you can get to the track event on time.

Front Straight				Circular Track				Field - Jumps				Field - Throws			
Time	EvNbr	Event	Age Grp/s	Time	EvNbr	Event	Age Grp/s	Time	EvNbr	Event	Age Grp/s	Time	EvNbr	Event	Age Grp/s
9:00	1	300H	B15 G15 B16 G16	9:00	201	600	B08 G08	9:00	401	HJ1	G15 G16	9:00	406	SP1	B08
									402	HJ2	B09		407	Disc1	G14
									403	LJ1	G07		408	Disc2	B07
									404	LJ2	G12		409	Jav	B14
									405	TJ2	B11				
9:10	2	200H	B14 G14	9:10	202	1500W	B12 G12 B13 G13					9:10	410	SP1	G08
9:18	3	200H	B13 G13												
								9:20	411	HJ1	G14	9:20	413	SP1	G15 G16
									412	LJ2	G11		414	Disc1	B16
				9:26	203	1100W	B10 G10 B11 G11								
								9:30	415	TJ2	B12 B13	9:30	416	SP1	B14
													417	Disc1	G13
													418	Jav	B11 B12
9:40	4	100H	B15	9:40	204	300	B06 G06	9:40	419	HJ2	B08	9:40	422	SP1	B10
									420	LJ1	B09		423	Disc2	G07
									421	LJ2	G10				
				9:48	205	300	B07								
9:50	5	90H	B14 G15 G16	9:56	206	700W	B08 G08 B09 G09	10:00	424	HJ1	B15	10:00	428	Disc1	G08 G09
10:00	6	80H	B13 G14						425	HJ2	G11		429	Jav	G14
10:02	7	80H	G13						426	LJ1	G06				
									427	TJ2	B14				
10:08	8	80H	B12 G12	10:10	207	300	G07	10:10	430	LJ1	B07	10:10	432	SP1	B09
									431	LJ2	G13		433	Disc2	B06 G06
10:18	9	60H	B11												
10:20	10	60H	G11	10:20	208	1500W	B14 G14 B15 G15 B16 G16	10:20	434	HJ1	B13 B14	10:20	436	Disc1	G12
10:22	11	60H	B10						435	HJ2	G12				
10:24	12	60H	G10												
10:30	13	60H	G08 G09					10:30	437	TJ2	B15	10:30	438	SP1	G11
10:32	14	60H	B09										439	Jav	G13
10:34	15	60H	B08												
10:40	Presentations Centre/Club awards														
				11:10	209	800	B09 G09 B10 G10	11:20	440	HJ1	G13	11:20	445	SP1	G12
									441	HJ2	G09		446	Disc1	B14
				11:18	210	800	B11 B12 B13		442	LJ1	B06		447	Disc2	B09
									443	LJ2	G08		448	Jav	G11
				11:26	211	800	G11 G12 G13		444	TJ2	G14				
				11:34	212	800	B14 G14 B15 G15 B16 G16								
11:40	Adult Relays Mens and Womens races, MINIMUM combined age of 160 years														
12:00	Under 16 Farewell Cheer on the Under 16's as they celebrate their final lap together in style														
12:10	Lunch / Presentations Age Group Awards and Best Overall athletes														

Front Straight					Circular Track					Field - Jumps					Field - Throws					
Time	EvNbr	Event	Age	Grp/s	Time	EvNbr	Event	Age	Grp/s	Time	EvNbr	Event	Age	Grp/s	Time	EvNbr	Event	Age	Grp/s	
13:00	16	200		B07						13:00	449	HJ2		G10	13:00	452	SP1		B13	
13:02	17	200		G07						450	LJ1		B15	B16	453	Disc1		G10	G11	
13:04	18	200		B08						451	TJ2		G11	454	Jav		B16			
13:06	19	200		G08 G09																
13:08	20	200		B09																
13:10	21	200		B10											13:10	455	SP1		G07	
13:12	22	200		G10																
13:14	23	200		B11																
13:16	24	200		G11																
13:18	25	200		B12 G12						13:20	456	LJ1		B08	13:20	458	Jav		B15	
13:20	26	200		B13 G13						457	TJ2		G12							
13:22	27	200		B14 G14																
13:24	28	200		B15 G15 B16 G16						13:30	459	HJ2		B10	13:30	461	Disc1		B11	
										460	LJ1		B11	B12						
13:36	29	100		B06 G06																
13:38	30	100		B07																
13:40	31	100		G07						13:40	462	LJ1		G15 G16	13:40	463	SP1		G10	
13:42	32	100		B08											464	Disc1		B13		
13:44	33	100		G08																
13:46	34	100		B09																
13:48	35	100		G09 G10											13:50	465	Disc1		B08	
13:50	36	100		B10																
13:52	37	100		B11																
13:54	38	100		G11																
13:56	39	100		B12 B13																
13:58	40	100		G12																
14:00	41	100		G13	14:00	213	1500		B14 G14 B15 G15	14:00	466	HJ2		B11	14:00	469	Jav		B13	
14:02	42	100		B14 G14						467	LJ1		B10							
14:04	43	100		B15 G15 B16 G16						468	TJ2		G13							
					14:10	214	1500		B11 G11 B12 G12						14:10	470	SP1		G13 G14	
14:18	44	70		B06 G06											471	Disc1		B15		
14:20	45	70		B07						14:20	472	TJ2		G16	14:20	473	Jav		G15	
14:22	46	70		G07																
14:24	47	70		B08																
14:26	48	70		G08 G09																
14:28	49	70		B09																
14:30	50	70		B10 B11						14:30	474	HJ2		G08	14:30	476	SP1		B07	
14:32	51	70		G10						475	LJ1		G09							
14:34	52	70		G11																
14:36	53	70		B12 B13 B14																
14:38	54	70		G12																
14:40	55	70		G13						14:40	477	LJ1		B13	14:40	479	Disc1		B10	
14:42	56	70		G14						478	TJ2		G15	480	Jav		G16			
14:44	57	70		B15 B16																
14:46	58	70		G15 G16																
										14:50	481	LJ1		B14						
										15:00	482	LJ1		G14	15:00	483	SP1		B06 G06	
															484	Jav		G12		
15:08	59	400		B08 B09																
15:10	60	400		G08 G09											15:10	485	SP1		B11	
15:12	61	400		B10 B11											486	Disc1		G16		
15:14	62	400		G10																
15:16	63	400		G11																
15:18	64	400		B12 B13 B14																
15:20	65	400		G12 G13 G14											15:20	487	SP1		B16	
15:22	66	400		B15 G15 B16 G16																
15:30	Colour Run (much better than last time!)																			
16:00	End of 2018/19 Track and Field Season - hope you had fun - see you at Cross Country																			