

Sat/Sun 22/23 January Heptathlon* / Decathlon*

Sunday 27 February 5000m
Outdoor Pentathlon
Throws Pentathlon
High Jump

Wednesday 2 March Pole Vault*

Thursday 3 March 10,000m

Thursday 10 March 2000m Steeplechase
3000m Steeplechase

Saturday 12 March Main weekend
Sunday 13 March

*Enter via Athletics West website