Event No	Event	Age/Open	Heats / Bands	First Call	Final Call	Leave Call Room	On site	Event Time
1	60m Hurdles	SM/U20M	2	**09:40**	09:45	**09:55**	09:56	**10:00**
17	800m	Band A	1 to 3	**09:40**	09:45	**09:55**	09:56	**10:00**
2	60m Hurdles	U17M	2	**09:45**	09:50	**10:00**	10:01	**10:05**
3	60m Hurdles	SW/U20W	2	**09:50**	09:55	**10:05**	10:06	**10:10**
18	800m	Band B	4 to 6	**09:55**	10:00	**10:10**	10:11	**10:15**

This is a copy of the top part of the Spreadsheet with all the Times in place. I have used a Word document to allow me to show the Formulas needed.   Below I have filled First Call using the Event Time and [minus TIME (0, 20, 0)]. The numbers in the brackets indicate (hours, minutes, seconds)

I then used the First Call time and added 5 minutes, then Final Call time and added 10 minutes, then Leave Call Room time and added 1 minute. You can of course base all your calculations on the Event time if you prefer. (I have used Event Time in the Sample Open Spreadsheet for Track)

A	B	C	D	E	F	G	H	I
Event No	Event	Age/Open	Heats / Bands	First Call	Final Call	Leave Call Room	On site	Event Time
1	60m Hurdles	SM/U20M		**=I3-TIME(0,20,0)**	=E3+TIME(0,5,0)	**=F3 + TIME(0,10,0)**	=G3+TIME(0,1,0)	**10:00**
17	800m	Band A	1 to 3	**09:40**	09:45	**09:55**	09:56	**10:00**
2	60m Hurdles	U17M	2	**09:45**	09:50	**10:00**	10:01	**10:05**
3	60m Hurdles	SW/U20W	2	**09:50**	09:55	**10:05**	10:06	**10:10**
18	800m	Band B	4 to 6	**09:55**	10:00	**10:10**	10:11	**10:15**

The Track formulas are simple as they are all the same. I have added the formula for each column in the top row. To get the other times, simply highlight down and go to Fill and Down.

The Field is more challenging, but if you use the times for Shot, Triple and Long Jump and use similar formulas but for minus 35 minutes for First Call and then manually change the First Call Times for High Jump and Pole Vault (if you use a formula which adds on to previous column all other columns should work)SEE ABOVE

USE CUSTOM SORT IN THE USUAL WAY TO MIX TRACK AND FIELD – THE FORMULAS WILL STILL WORK. REMEMBER TO INCLUDE THE HEADINGS WHEN HIGHLIGHTING SO YOU CAN SELECT FIRST CALL TO SORT. I SOMETIMES THINK IT IS EASIER TO LEAVE TRACK AND FIELD SEPARATE FOR ATHLETES BUT MIXED FOR CALL ROOM.

The idea is to have a Call Room Schedule which is similar to International Version, but realistic of the larger number of events and athletes.