All athletes must declare their intention to compete at least 60mins before their event start time Track				
Event No	Time	Event	Pool	Info
101	12:00	5000m		Women
102	12:35	5000m		Male <16min
103	13:00	5000m WC		Open Mixed
104	13:30	5000m		Male <17:25min
105	13:55	5000m		Male <19min
106	14:20	5000m		Male >19min
Field				
Event				
No	Time	Event	Pool	Info
201	09:45	Long Jump	Pool 3	
202	10:00	High Jump	Pool 2	
203	11:30	Triple Jump	Pool 2	9m Board
204	11:45	High Jump	Pool 3	
205	12:45	Triple Jump	Pool 1	11/7 Board
206	13:15	High Jump	Pool 1	
207	14:15	Long Jump	Pool 2	
208	15:00	Pole Vault	Pool 1	SH 2m00
209	15:30	Long Jump	Pool 1	
Long Jump / Triple Jump - All athletes will receive 6 trials Triple Jump - U15 Athletes will be limited to a maximum 22m Run Up				