

Athletes must declare their intention to compete at least 60mins before the start of each of their events					
Straight Track					
Event No	Warm Up Opens	Start Time	Event	Age Group	Round
1	09:00	10:00	60m	Men	1
2	09:20	10:20	60m	U17 Women	1
3	09:40	10:40	60m	U17 Men	1
4	10:00	11:00	60m	Women	1
5	10:25	11:25	60m Hurdles	U17 Women	1
6	10:35	11:35	60m Hurdles	Women	1
7	10:50	11:50	60m	Men	Semi Final
8	10:58	11:58	60m	U17 Women	Semi Final
9	11:06	12:06	60m	U17 Men	Semi Final
10	11:14	12:14	60m	Women	Semi Final
11	11:25	12:25	60m Hurdles	U17 Women	Final
12	11:30	12:30	60m Hurdles	Women	Final
13	11:35	12:35	60m Hurdles	U17 Men	Final
14	11:40	12:40	60m Hurdles	Men	Final
15	11:50	12:50	60m	Men	Final
16	11:54	12:54	60m	U17 Women	Final
17	11:58	12:58	60m	U17 Men	Final
18	12:02	13:02	60m	Women	Final
Straight Track will take precedence over Circular Track If heats are not required FINALS will go at HEAT time.					
Circular Track					
Event No	Warm Up Opens	Start Time	Event	Age Group	Round
19	11:26	12:26	300m	U17 Women	1
20	11:41	12:41	400m	U17 Men	1
21	12:06	13:06	800m	U17 Women	1
22	12:14	13:14	800m	U17 Men	1
23	12:22	13:22	200m	U17 Women	1
24	12:46	13:46	200m	U17 Men	1
25	13:06	14:06	200m	Women	1
26	13:30	14:30	200m	Men	1
27	13:54	14:54	300m	U17 Women	Final
28	13:59	14:59	400m	U17 Men	Final
29	14:03	15:03	400m	Women	Invitation
30	14:07	15:07	400m	Men	Invitation
31	14:11	15:11	200m	U17 Women	Semi Final
32	14:23	15:23	200m	U17 Men	Semi Final
33	14:35	15:35	200m	Women	Semi Final
34	14:47	15:47	200m	Men	Semi Final
35	14:59	15:59	800m	U17 Women	Final
36	15:03	16:03	800m	U17 Men	Final
37	15:07	16:07	800m	Women	Invitation
38	15:11	16:11	600m	Men	Invitation
39	15:16	16:16	1500m	U17 Women	Final
40	15:24	16:24	1500m	U17 Men	Final
43	15:48	16:48	200m	U17 Women	Final
44	15:52	16:52	200m	U17 Men	Final
45	15:56	16:56	200m	Women	Final
46	16:00	17:00	200m	Men	Final
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.					

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Field							
Event No	Warm Up Opens	Start Time	Event	Age Group	Round	Area	
47	09:00	10:00	Long Jump	U17 Men	Final	In	
48	09:15	10:15	Shot Put	U17 Men	Final		
49	09:30	10:30	Triple Jump	U17 Women	Final	Out 9/11m	
50	09:45	10:45	Pole Vault	U17 Women	Final	PV	SH 2m14
				Women			
51	10:10	11:10	Long Jump	Women	Final	In	
52	10:40	11:40	Shot Put	U17 Women	Final		
				Women			
53	11:45	12:45	Long Jump	Men	Final	In	
54	12:00	13:00	Shot Put	Men	Final		
55	12:25	13:25	Pole Vault	Men	Final	PV	SH 3m94
				U17 Men			SH 2m69
56	13:00	14:00	Triple Jump	Women	Final	In	9m / 11m
57	13:30	14:30	High Jump	U17 Women	Final	60m S	SH 1m34
58	13:30	14:30	High Jump	Women	Final	60m F	SH 1m44
59	14:00	15:00	Long Jump	U17 Women	Final	In	
60	15:00	16:00	High Jump	U17 Men	Final	60m S	SH 1m44
61	15:00	16:00	High Jump	Men	Final	60m F	SH 1m74
62	15:15	16:15	Triple Jump	U17 Men	Final	In	9m/11m
				Men			

**All Shot competitions will be held in corner outside back straight
Horizontal Jumps & Shot Put - Minimum 2 Warm Up attempts
3 attempts in Competition, top 8 advance for additional 3 attempts
High Jump - 2 Heights in Warm Up only**