

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Straight Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
1	08:30	10:00	60m	U15 Girls	1
2	08:54	10:24	60m	U15 Boys	1
3	09:10	10:40	60m	U20 Women	1
4	09:30	11:00	60m	U20 Men	1
5	09:50	11:20	60m Hurdles	U15 Girls	1
6	10:10	11:40	60m	U15 Girls	Semi Final
7	10:22	11:52	60m	U15 Boys	Semi Final
8	10:30	12:00	60m	U20 Women	Semi Final
9	10:42	12:12	60m	U20 Men	Semi Final
10	10:55	12:25	60m Hurdles	U15 Girls	Final
11	11:00	12:30	60m Hurdles	U15 Boys	Final
12	11:18	12:48	60m	U15 Girls	Final
13	11:21	12:51	60m	U15 Boys	Final
14	11:24	12:54	60m	U20 Women	Final
15	11:27	12:57	60m	U20 Men	Final

Straight Track will take precedence over Circular Track
All heat lists will be displayed ONLINE. Please check for report time.
If heats are not required FINALS will go at HEAT time.

Circular Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
16	11:02	12:32	1500m	U15 Girls	1
17	11:30	13:00	800m	U15 Girls	1
18	11:42	13:12	800m	U15 Boys	1
19	11:50	13:20	800m	U20 Women	1
20	12:02	13:32	800m	U20 Men	1
21	12:15	13:45	200m	U15 Girls	1
22	12:40	14:10	200m	U15 Boys	1
23	13:00	14:30	300m	U15 Girls	1
24	13:20	14:50	800m	U15 Girls	Final
25	13:25	14:55	800m	U15 Boys	Final
26	13:30	15:00	800m	U20 Women	Final
27	13:34	15:04	800m	U20 Men	Final
28	13:39	15:09	200m	U15 Girls	Semi Final
29	13:51	15:21	200m	U15 Boys	Semi Final
30	14:03	15:33	1500m	U15 Girls	Final
31	14:11	15:41	1500m	U15 Boys	Final
32	14:20	15:50	300m	U15 Girls	Final
33	14:25	15:55	300m	U15 Boys	Final
34	14:30	16:00	200m	U15 Girls	Final
35	14:34	16:04	200m	U15 Boys	Final

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Field					
Event No	Warm Up Open	Event Time	Event	Age	Info
36	08:30	10:00	High Jump	U15 Boys	SH 1m29
37	08:30	10:00	Long Jump	U15 Girls	Pool 1 IN Pool 2 OUT
38	08:30	10:00	Shot Put	U20 Men	
39	10:00	11:30	Shot Put	U15 Girls	
40	10:00	11:30	Triple Jump	U15 Boys U15 Girls	22m Run Up 7m/9m
41	10:30	12:00	Pole Vault	U15 Girls	SH 2m01
42	11:00	12:30	Triple Jump	U20 Men	11m/13m
43	12:10	13:40	Triple Jump	U20 Women	9m/11m
44	12:10	13:40	High Jump	U20 Men	SH 1m68
45	12:30	14:00	Shot Put	U15 Boys	
46	13:30	15:00	Long Jump	U15 Boys	
47	13:30	15:00	High Jump	U15 Girls	SH 1m24

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - Minimum 2 Heights in Warm Up Only

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Straight Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
48	08:30	10:00	60m	U13 Girls	1
49	08:55	10:25	60m Hurdles	U13 Girls	1
50	09:05	10:35	60m Hurdles	U20 Women	1
51	09:15	10:45	60m	U13 Boys	1
52	09:30	11:00	60m	U13 Girls	Semi Final
53	09:45	11:15	60m Hurdles	U13 Girls	Final
54	09:50	11:20	60m Hurdles	U13 Boys	Final
55	09:55	11:25	60m Hurdles	U20 Women	Final
56	10:00	11:30	60m Hurdles	U20 Men	Final
57	10:18	11:48	60m	U13 Girls	Final
58	10:22	11:52	60m	U13 Boys	Final

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If heats are not required FINALS will go at HEAT time.

Circular Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
59	10:03	11:33	1500m	U20 Men	1
60	10:20	11:50	200m	U20 Men	1
61	10:40	12:10	200m	U20 Women	1
62	11:00	12:30	200m	U13 Girls	1
63	11:24	12:54	400m	U20 Women	1
64	11:36	13:06	400m	U20 Men	1
65	11:48	13:18	800m	U13 Girls	Timed Finals
66	12:03	13:33	800m	U13 Boys	Timed Finals
67	12:18	13:48	200m	U13 Boys	1
68	12:30	14:00	200m	U20 Men	Semi Final
69	12:42	14:12	200m	U20 Women	Semi Final
70	12:54	14:24	200m	U13 Girls	Semi Final
71	13:06	14:36	1500m	U13 Girls	Timed Finals
72	13:21	14:51	1500m	U13 Boys	Timed Finals
73	13:36	15:06	1500m	U20 Women	Final
74	13:43	15:13	1500m	U20 Men	Final
75	13:50	15:20	400m	U20 Women	Final
76	13:54	15:24	400m	U20 Men	Final
77	13:58	15:28	200m	U20 Men	Final
78	14:02	15:32	200m	U20 Women	Final
79	14:06	15:36	200m	U13 Boys	Final
80	14:10	15:40	200m	U13 Girls	Final

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Field					
Event No	Warm Up Open	Event Time	Event	Age Group	Info
81	08:30	10:00	Long Jump	U20 Women	
82	08:30	10:00	Shot Put	U13 Girls	
83	10:00	11:30	Shot Put	U13 Boys	
84	10:00	11:30	Long Jump	U20 Men	
85	10:00	11:30	Pole Vault	U20 Women	SH 2m29
86	11:15	12:45	Long Jump	U13 Girls	Pool 1 IN
					Pool 2 OUT
87	11:30	13:00	High Jump	U13 Boys	SH 1m17
88	11:30	13:00	High Jump	U20 Women	SH 1m39
89	12:30	14:00	Pole Vault	U20 Men	SH 3m19
90	12:45	14:15	High Jump	U13 Girls	SH 1m14
91	13:00	14:30	Long Jump	U13 Boys	
92	13:15	14:45	Shot Put	U20 Women	

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - Minimum 2 Heights in Warm Up Only