

Athletes must declare their intention to compete at least 60mins before the start time of their event.

Track				
Event No	Time	Event	Age Group	Round
1	11:00	300m Hurdles	U17 Women	1
2	11:15	100m	U17 Women	1
3	11:31	100m	Sen Men + Para	1
4	11:51	100m	Sen Women	1
5	12:05	100m	Frame / Wheel	Final
6	12:12	800m	U17 Men	1
7	12:24	800m	U17 Women	1
8	12:36	800m	Sen Men	1
9	12:52	800m	Sen Women	1
10	13:08	300m Hurdles	U17 Women	Final
11	13:13	400m Hurdles	U17 Men	Final
12	13:20	100m	U17 Men	1
13	13:28	100m	U17 Women	Semi Final
14	13:36	100m	Sen Men	Semi Final
15	13:44	100m	Sen Women	Semi Final
16	13:52	5000m	Sen / U20 Women	Final
Lunch				
17	14:45	3000m SC	Sen Men	Final
18	15:00	1500m	U17 Men	1
19	15:14	1500m	U17 Women	1
20	15:28	300m	U17 Women	1
21	15:40	400m	Frame / Wheel	Final
22	15:50	400m	Sen Women	1
23	15:58	400m	Sen Men	1
24	16:14	400m	U17 Men	1
25	16:26	100m	U17 Men	Final
26	16:30	100m	U17 Women	Final
27	16:34	100m	Sen Men	Final
28	16:38	100m	Sen Women	Final
29	16:45	1500m	Sen Men	1
30	17:05	1500m SC	U17 Men	Final
31	17:15	800m	Sen Men	Semi Final
32	17:25	400m	Sen Women	Final
33	17:30	400m	Sen Men	Semi Final

If Heats are not required FINALS will go at FINAL Time



Field				
Event No	Time	Event	Age Group	Info
34	11:00	Javelin	Sen/U17 Men	
35	11:00	Triple Jump	Sen/U17 Men	9m/11m
36	12:00	Pole Vault	U17 Men	SH 2m70
			Sen Men	SH 3m70
37	12:30	Discus	U17 Women	
38	14:00	Discus	Sen Women	
39	14:15	High Jump	Sen Women	SH 1m43
			U17 Women	SH 1m28
40	15:15	Triple Jump	U17 Women	7m/9m/11m
41	15:15	Shot Put	U17 Women	
42	15:30	Hammer	Sen Men	
43	16:30	Shot Put	Sen Women	
44	16:30	Triple Jump	Sen Women	9m/11m
45	16:45	Hammer	U17 Men	

Minimum 2 Warm Up Attempts



Athletes must declare their intention to compete at least 60mins before the start time of their event.				
Track				
Event No	Time	Event	Age Group	Round
46	10:15	200m	U17 Women	1
47	10:35	200m	U17 Men + Para	1
48	10:55	200m	Sen Women	1
49	11:11	200m	Sen Men	1
50	11:20	5000m	U20/Sen men	Race 1
51	11:45	3000m SC	Sen Women	Final
52	12:05	100m Hurdles	Sen Women	1
53	12:15	80m Hurdles	U17 Women	1
54	12:30	200m	U17 Women	Semi Final
55	12:38	200m	U17 Men	Semi Final
56	12:46	200m	Sen Women	Semi Final
57	12:54	200m	Sen Men	Semi Final
58	13:05	1500m SC	U17 Women	Final
Lunch				
59	13:50	400m Hurdles	Sen Women	Final
60	13:55	400m Hurdles	Sen Men	Final
61	14:05	400m	U17 Men	Final
62	14:10	400m	Sen Men	Final
63	14:15	300m	U17 Women	Final
64	14:30	80m Hurdles	U17 Women	Final
65	14:36	100m Hurdles	Sen Women	Final
66	14:42	100m Hurdles	U17 Men	Final
67	14:48	110m Hurdles	Sen Men	Final
68	15:00	5000m	Sen Men	Race 2
69	15:25	800m	Wheelchair/RR	Final
70	15:35	800m	U17 Women	Final
71	15:40	800m	U17 Men	Final
72	15:45	800m	Sen Men	Final
73	15:50	800m	Sen Women	Final
74	15:55	200m	U17 Women	Final
75	16:00	200m	U17 Men	Final
76	16:05	200m	Sen Women	Final
77	16:10	200m	Sen Men	Final
78	16:15	1500m	U17 Women	Final
79	16:22	1500m	U17 Men	Final
80	16:30	1500m	Sen Women	Final
81	16:38	1500m	Sen Men	Final

If Heats not required FINALS will go at FINAL Time



Field				
Event No.	Time	Event	Age Group	Info
82	10:00	Hammer	U17 Women	
83	10:00	Long Jump	U17 Women	
84	10:55	High Jump	U17 Men	SH 1m57
85	11:30	Hammer	Sen Women	
86	11:30	Long Jump	Sen Women	
87	11:30	Shot Put	Sen Men	
88	12:15	Seated Club	Men / Women	
		Seated Discus		
		Seated Javelin		
		Seated Shot		
89	12:30	Shot Put	U17 Men	
90	13:00	Javelin	Sen / U17 Women	
91	13:15	Long Jump	Sen Men	
92	13:15	Pole Vault	U17 Women	SH 2m20
			Sen Women	SH 2m40
93	14:30	High Jump	Sen Men	SH 1m77
94	14:50	Long Jump	U17 Men	
95	15:15	Discus	Sen Men	
			U17 Men	

Minimum 2 Warm Up Attempts