

<b>Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
1	10:00	100m	U15 Girls	1
2	10:30	100m	U15 Boys	1
3	10:50	1500m	U15 Boys	1
4	11:14	1500m	U15 Girls	1
5	11:30	300m	U15 Girls	1
6	11:44	300m	U15 Boys	1
7	11:52	100m	U15 Girls	Semi Final
8	12:04	100m	U15 Boys	Semi Final
9	12:15	800m	U15 Girls	1
10	12:35	800m	U15 Boys	1
11	12:50	800m	U20 Women	1
12	12:58	800m	U20 Men	1
13	13:10	100m	U15 Girls	Final
14	13:14	100m	U15 Boys	Final
<b>LUNCH</b>				
15	13:55	400m Hurdles	U20 Men	Final
16	14:00	400m Hurdles	U20 Women	Final
17	14:05	300m	U15 Girls	Final
18	14:10	300m	U15 Boys	Final
19	14:15	200m	U15 Girls	1
20	14:39	200m	U15 Boys	1
21	14:55	200m	U20 Women	1
22	15:10	200m	U20 Men	1
23	15:25	1500m	U15 Boys	Final
24	15:33	1500m	U15 Girls	Final
25	15:45	80m Hurdles	U15 Boys	Final
26	15:50	75m Hurdles	U15 Girls	1
27	16:05	200m	U15 Girls	Semi Final
28	16:17	200m	U15 Boys	Semi Final
29	16:25	200m	U20 Women	Final
30	16:30	200m	U20 Men	Final
31	16:35	800m	U15 Girls	Final
32	16:40	800m	U15 Boys	Final
33	16:45	800m	U20 Women	Final
34	16:50	800m	U20 Men	Final
35	16:55	75m Hurdles	U15 Girls	Final
36	17:10	200m	U15 Girls	Final
37	17:15	200m	U15 Boys	Final
<b>If Heats are not required Finals will go at HEAT time</b>				

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<b>Field</b>				
<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Info</b>
38	10:00	Hammer	U15 Girls	
39	10:00	Long Jump	U15 Boys	
40	10:00	High Jump	U15 Girls	SH 1m19
41	11:00	Javelin	U15 Boys	
42	11:15	Long Jump	U20 Men	
43	11:30	Pole Vault	U20 Women	SH 2m31
			U15 Girls	SH 1m91
			U15 Boys	
44	12:00	High Jump	U15 Boys	SH 1m24
45	12:00	Javelin	U15 Girls	
46	12:00	Long Jump	U15 Girls	Pool 2
	13:00			Pool 1
47	13:15	Javelin	U20 Women	
			U20 Men	
48	13:15	High Jump	U20 Women	SH 1m42
			U20 Men	SH 1m87
49	13:15	Shot Put	U15 Girls	
50	14:15	Hammer	U15 Boys	
51	15:00	Shot Put	U15 Boys	
52	15:00	Discus	U15 Girls	
53	16:00	Triple Jump	U15 Girls	7m/9m
			U15 Boys	
54	16:00	Discus	U15 Boys	
<b>Minimum 2 Warm Up Attempts</b>				
U20W PV - 2m31/2m51/2m66/2m81/2m91 then 10cms				
U15G PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				
U15B PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				

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55	10:00	100m	U13 Girls	1
56	10:24	100m	U13 Boys	1
57	10:48	100m	U20 Women	1
58	11:00	100m	U20 Men	1
59	11:12	400m	U20 Women	1
60	11:20	400m	U20 Men	1
61	11:32	100m	U13 Girls	Semi Final
62	11:46	100m	U13 Boys	Semi Final
63	11:54	800m	U13 Girls	Timed Final
64	12:14	800m	U13 Boys	Timed Final
65	12:24	100m	U20 Women	Final
66	12:29	100m	U20 Men	Final
67	12:34	100m	U13 Girls	Final
68	12:39	100m	U13 Boys	Final
69	12:50	2000m SC	U20 Men	Final
<b>LUNCH</b>				
70	13:35	1500m SC	U20 Women	Final
71	13:45	200m	U13 Girls	1
72	14:09	200m	U13 Boys	1
73	14:25	1500m	U20 Men	1
74	14:41	1500m	U20 Women	1
75	15:00	110m Hurdles	U20 Men	Final
76	15:06	100m Hurdles	U20 Women	Final
77	15:12	75m Hurdles	U13 Boys	Final
78	15:18	70m Hurdles	U13 Girls	1
79	15:40	200m	U13 Girls	Semi Final
80	15:52	200m	U13 Boys	Final
81	16:00	400m	U20 Women	Final
82	16:05	400m	U20 Men	Final
83	16:10	1500m	U13 Girls	Timed Final
84	16:30	1500m	U13 Boys	Final
85	16:40	1500m	U20 Women	Final
86	16:48	1500m	U20 Men	Final
87	17:05	70m Hurdles	U13 Girls	Final
88	17:15	200m	U13 Girls	Final
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89	10:00	Hammer	U20 Women	
			U20 Men	
90	10:00	High Jump	U13 Girls	SH 1m12
91	10:00	Long Jump	U13 Boys	
92	11:15	Shot Put	U13 Boys	
93	11:15	Javelin	U13 Girls	
94	11:15	Triple Jump	U20 Women	9m/11m
			U20 Men	9m/11m/13m
95	11:30	Pole Vault	U20 Men	SH 2m77
96	12:45	Javelin	U13 Boys	
97	12:45	Long Jump	U13 Girls	Pool 2
98	12:45	Shot Put	U20 Women	
			U20 Men	
99	13:45	Shot Put	U13 Girls	
100	13:45	Discus	U13 Boys	
97	13:45	Long Jump	U13 Girls	Pool 1
101	15:00	High Jump	U13 Boys	SH 1m12
102	15:00	Discus	U13 Girls	
103	15:45	Long Jump	U20 Women	
104	15:45	Discus	U20 Women	
			U20 Men	
<b>Minimum 2 Warm Up Attempts</b>				
U20M PV - 2m77/2m97/3m17/3m32/3m47/3m62 then 10cms				