

Track				
Event No	Time	Event	Age Group	Round
	10:00	400m Hurdles	U20 & Senior Men	1
	10:06	400m Hurdles	U17 Men	1
	10:08	400m Hurdles	U20 & Senior Women	1
	10:12	300m Hurdles	Open Women	1
	10:40	110m Hurdles	U20 & Senior Men	1
	10:46	100m Hurdles	U20 & Senior Women	1
	10:58	100m Hurdles	U17 Boys	1
	11:04	80m Hurdles	U15 Boys	1
	11:10	80m Hurdles	U17 Girls	1
	11:16	75m Hurdles	U15 Girls	1
	11:28	75m Hurdles	U13 Boys	1
	11:34	70m Hurdles	U13 Girls	1
Break				
	11:50	110m Hurdles	U20 & Senior Men	2
	11:56	100m Hurdles	U20 & Senior Women	2
	12:10	100m Hurdles	U17 Boys	2
	12:16	80m Hurdles	U15 Boys	2
	12:22	80m Hurdles	U17 Girls	2
	12:28	75m Hurdles	U15 Girls	2
	12:46	75m Hurdles	U13 Boys	2
	12:52	70m Hurdles	U13 Girls	2
	13:15	200m Hurdles	U20 & Senior Men	1
	13:21	200m Hurdles	U17 Men	1
	13:27	200m Hurdles	U20 & Senior Women	1
	13:33	200m Hurdles	U17 Women	1
Athletes should select 1 or 2 runs at the time of entry and reconfirm at declarations on the day.				

Field				
Event No	Time	Event	Pool	Info
	09:45	Long Jump	Three	
	10:00	High Jump	Two	<1m55
	11:30	Triple Jump	Two	9m
	11:45	High Jump	One	+1m55
	12:45	Triple Jump	One	7m/11m/13m
	13:45	High Jump	Three	<1m40
	14:15	Long Jump	Two	
	14:45	Pole Vault	One	SH 2m00
	15:30	Long Jump	One	
Long Jump / Triple Jump - all athletes will receive 6 trials				