

Athletes must declare their intention to compete at least 60mins before the start time of their event.				
Straight Track				
Event No	Time	Event	Age Group	Round
1	10:00	60m	Sen Men	1
2	10:20	60m	U17 Women	1
3	10:40	60m	U17 Men	1
4	11:00	60m	Sen Women	1
5	11:20	60m Hurdles	U17 Women	1
6	11:40	60m Hurdles	Sen Women	1
7	11:50	60m Hurdles	U18 Women U18 Men	Final
8	12:00	60m	Sen Men	Semi Final
9	12:12	60m	U17 Women	Semi Final
10	12:24	60m	U17 Men	Semi Final
11	12:32	60m	Sen Women	Semi Final
12	12:45	60m Hurdles	U17 Women	Final
13	12:50	60m Hurdles	Sen Women	Final
14	12:55	60m Hurdles	U17 Men	Final
15	13:00	60m Hurdles	Sen Men	Final
16	13:09	60m	Sen Men	Final
17	13:13	60m	U17 Women	Final
18	13:17	60m	U17 Men	Final
19	13:21	60m	Sen Women	Final
Straight Track will take precedence over Circular Track If heats are not required FINALS will go at FINAL time.				
Circular Track				
Event No	Time	Event	Age Group	Round
20	10:45	300m	U17 Women	1
21	11:05	400m	Sen Men	1
22	11:21	400m	Sen Women	1
23	11:37	400m	U17 Men	1
24	11:50	800m	U17 Women	1
25	12:02	800m	U17 Men	1
26	12:10	800m	Sen Women	1
27	12:18	800m	Sen Men	1
28	12:32	1500m	U17 Women	1
29	12:46	1500m	U17 Men	1
30	13:08	1500m	Sen Men	1
31	13:25	300m	U17 Women	Semi Final
32	13:35	200m	U17 Women	1
33	14:09	200m	U17 Men	1
34	14:29	200m	Sen Women	1
35	14:49	200m	Sen Men	1
36	15:09	300m	U17 Women	Final
37	15:13	400m	U17 Men	Final
38	15:17	400m	Sen Women	Final
39	15:23	400m	Sen Men	Final
40	15:27	200m	U17 Women	Semi Final
41	15:39	200m	U17 Men	Semi Final
42	15:51	200m	Sen Women	Semi Final
43	16:03	200m	Sen Men	Semi Final
44	16:15	800m	U17 Women	Final
45	16:19	800m	U17 Men	Final
46	16:23	800m	Sen Women	Final
47	16:27	800m	Sen Men	Final
48	16:31	1500m	U17 Women	Final
49	16:39	1500m	U17 Men	Final
50	16:46	1500m	Sen Women	Final
51	16:53	1500m	Sen Men	Final
52	17:00	200m	U17 Women	Final
53	17:04	200m	U17 Men	Final
54	17:08	200m	Sen Women	Final
55	17:12	200m	Sen Men	Final
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at FINAL time.				



Scan for Start Lists and Live Results



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<b>Field</b>						
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>	<b>Area</b>	
56	10:00	Long Jump	U17 Women	Final		4m60+
57	10:15	Shot Put	U17 Men	Final		
58	10:45	Pole Vault	U17 Women	Final		SH 2m14
			Sen Women	Final		SH 2m14
59	11:15	Long Jump	U17 Men	Final		5m35+
60	11:40	Shot Put	U17 Women	Final		
61	12:30	Long Jump	Sen Women	Final		
62	13:00	Shot Put	Sen Men	Final		
63	13:25	Pole Vault	Sen Men	Final		SH 3m94
			U17 Men	Final		SH 2m69
64	13:45	Long Jump	Sen Men	Final		
65	14:30	High Jump	U17 Men	Final	60St	SH 1m44
			Sen Men	Final	60F	SH 1m74
66	15:00	Triple Jump	U17 Women	Final		7m/9m
			Sen Women	Final		9m/11m
67	15:55	Shot Put	Sen Women	Final		
68	16:00	High Jump	U17 Women	Final	60St	SH 1m34
	16:00		Sen Women	Final	60F	SH 1m44
69	16:30	Triple Jump	U17 Men	Final		9m/11m
			Sen Men	Final		11m/13m

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 - Minimum 2 Heights in Warm Up

PV U17/SW 2m14 - 2m34 - 2m54 - 2m74 - 2m89 - 3m04 then 10cms

PV U17M 2m69 - 2m89 - 3m09 - 3m29 - 3m44 - 3m59 then 10cms

PV SM 3m94 - 4m14 - 4m34 - 4m54 - 4m69 - 4m84 then 10cms

