

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

Straight Track				
Event No	Time	Event	Age Group	Round
1	10:00	60m	U15 Girls	1
2	10:30	60m	U15 Boys	1
3	10:46	60m	U20 Women	1
4	11:02	60m	U20 Men	1
5	11:20	60m Hurdles	U15 Girls	1
6	11:35	60m Hurdles	U15 Boys	1
7	11:50	60m	U15 Girls	Semi Final
8	12:02	60m	U15 Boys	Semi Final
9	12:10	60m	U20 Women	Semi Final
10	12:18	60m	U20 Men	Semi Final
11	12:35	60m Hurdles	U15 Girls	Final
12	12:40	60m Hurdles	U15 Boys	Final
13	12:45	60m	U15 Girls	Final
14	12:49	60m	U15 Boys	Final
15	12:53	60m	U20 Women	Final
16	12:57	60m	U20 Men	Final
Circular Track				
Event No	Time	Event	Age Group	Round
17	12:30	1500m	U15 Girls	1
18	12:45	1500m	U15 Boys	1
19	13:00	800m	U15 Girls	1
20	13:12	800m	U15 Boys	1
21	13:20	800m	U20 Women	1
22	13:28	800m	U20 Men	1
23	13:45	200m	U15 Girls	1
24	14:10	200m	U15 Boys	1
25	14:30	300m	U15 Girls	1
26	14:50	800m	U15 Girls	Final
27	14:55	800m	U15 Boys	Final
28	15:00	800m	U20 Women	Final
29	15:05	800m	U20 Men	Final
30	15:10	200m	U15 Girls	Semi Final
31	15:25	200m	U15 Boys	Semi Final
32	15:40	1500m	U15 Girls	Final
33	15:50	1500m	U15 Boys	Final
34	16:10	300m	U15 Girls	Final
35	16:15	200m	U15 Girls	Final
36	16:20	200m	U15 Boys	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.



Athletes must declare their intention to compete at least 60mins before their event start time				
Field				
Event No	Time	Event	Age	Info
37	10:00	High Jump	U15 Boys	SH 1m28
38	10:00	Long Jump	U15 Girls	
39	10:00	Shot Put	U20 Women	
40	11:30	Shot Put	U15 Girls	
41	11:30	Triple Jump	U20 Men	11m/13m
42	12:00	Pole Vault	U15 Boys	SH 2m02
			U15 Girls	SH 2m02
43	12:45	Triple Jump	U15 Boys	7m/9m
			U15 Girls	
44	13:40	High Jump	U20 Men	SH 1m68
45	14:00	Triple Jump	U20 Women	9m/11m
46	14:00	Shot Put	U15 Boys	
47	15:15	Long Jump	U15 Boys	
48	15:15	High Jump Pool 1	U15 Girls	SH 1m28
		High Jump Pool 2	U15 Girls	SH 1m18

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
PV U15 2m02 - 2m22 - 2m42 - 2m62 - 2m77 - 2m92 then 10cms

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Straight Track				
Event No	Time	Event	Age Group	Round
49	10:00	60m	U13 Girls	1
50	10:24	60m	U13 Boys	1
51	10:45	60m Hurdles	U13 Girls	1
52	11:00	60m Hurdles	U20 Women	1
53	11:15	60m	U13 Girls	Semi Final
54	11:27	60m	U13 Boys	Semi Final
55	11:40	60m Hurdles	U13 Boys	Final
56	11:45	60m Hurdles	U13 Girls	Final
57	11:50	60m Hurdles	U20 Women	Final
58	11:55	60m Hurdles	U20 Men	Final
59	12:10	60m	U13 Girls	Final
60	12:15	60m	U13 Boys	Final
Circular Track				
Event No	Time	Event	Age Group	Round
61	12:00	400m	U20 Women	1
62	12:17	400m	U20 Men	1
63	12:30	1500m	U20 Men	1
64	12:44	200m	U20 Men	1
65	13:04	200m	U20 Women	1
66	13:24	200m	U13 Girls	1
67	13:48	200m	U13 Boys	1
68	14:05	400m	U20 Women	Semi Final
69	14:15	400m	U20 Men	Semi Final
70	14:25	800m	U13 Girls	Timed Finals
71	14:40	800m	U13 Boys	Timed Finals
72	14:50	200m	U20 Men	Semi Final
73	15:02	200m	U20 Women	Semi Final
74	15:14	200m	U13 Girls	Semi Final
75	15:26	200m	U13 Boys	Semi Final
76	15:34	1500m	U13 Girls	Final
77	15:42	1500m	U13 Boys	Final
78	16:00	1500m	U20 Women	Final
79	16:07	1500m	U20 Men	Final
80	16:15	400m	U20 Women	Final
81	16:19	400m	U20 Men	Final
82	16:23	200m	U20 Men	Final
83	16:27	200m	U20 Women	Final
84	16:31	200m	U13 Girls	Final
85	16:35	200m	U13 Boys	Final

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Field				
Event No	Time	Event	Age Group	Info
86	10:00	Long Jump	U20 Men	
87	10:05	Shot Put	U13 Boys	
88	10:10	High Jump	U13 Boys	SH 1m16
89	11:30	Shot Put	U13 Girls	
90	11:30	Long Jump	U20 Women	
91	12:30	Pole Vault	U20 Women	SH 2m29
			U20 Men	SH 3m16
92	13:30	High Jump	U20 Women	SH 1m38
93	13:30	Long Jump	U13 Girls	
94	15:00	High Jump	U13 Girls	SH 1m08
95	15:40	Long Jump	U13 Boys	
96	15:40	Shot Put	U20 Men	

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

PV U20W 2m29 - 2m49 - 2m69 - 2m89 - 3m04 - 3m19 then 10cms

PV U20M 3m16 - 3m36 - 3m56 - 3m76 - 3m91 - 4m06 then 10cms