

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	10:00	400m Hurdles	Sen Men	1
2	10:10	300m Hurdles	U17 Women	1
3	10:30	100m	Sen Men	1
4	10:54	100m	Sen Women	1
5	11:10	100m	U17 Women	1
6	11:30	100m	U17 Men	1
7	11:46	100m	Frame Running	Final
8	11:54	800m	Sen Men	1
9	12:06	800m	Sen Women	1
10	12:14	800m	U17 Men	1
11	12:26	800m	U17 Women	1
12	12:47	400m Hurdles	Senior Men	Final
13	12:52	400m Hurdles	Senior Women	Final
14	12:57	400m Hurdles	U17 Men	Final
15	13:02	300m Hurdles	U17 Women	Final
16	13:10	100m	Sen Men	Semi Final
17	13:22	100m	Sen Women	Semi Final
18	13:30	100m	U17 Women	Semi Final
19	13:38	100m	U17 Men	Semi Final
20	13:46	100m	Ambulant Men	Final
Lunch				
21	14:20	1500m SC	U17 Men	Final
22	14:30	300m	U17 Women	1
23	14:42	400m	Sen Men	1
24	15:02	400m	Sen Women	1
25	15:10	400m	U17 Men	1
26	15:18	800m	Sen Men	Final
27	15:22	800m	Sen Women	Final
28	15:26	800m	U17 Men	Final
29	15:30	800m	U17 Women	Final
30	15:40	3000m SC	Sen Men	Final
31	15:54	100m	Sen Men	Final
32	15:58	100m	Sen Women	Final
33	16:02	100m	U17 Women	Final
34	16:06	100m	U17 Men	Final
35	16:10	5000m	Sen / U20 Women	Final
36	16:30	400m	Wheelchair / Frame Running	Final
37	16:40	400m	Ambulant Men	Final
38	16:44	400m	Sen Men	Semi Final
39	16:52	400m	Sen Women	Final
40	16:56	400m	U17 Men	Final
41	17:00	300m	U17 Women	Final

If Heats are not required FINALS will go at HEAT Time

Field				
Event No	Time	Event	Age Group	Info
42	10:00	Javelin	Senior Men	
43			U17 Men	
44	10:00	Shot Put	U17 Women	
45	10:45	Pole Vault	U17 Men	SH 2m70
46			Sen Men	SH 3m70
47			U17 Men	9m/11m
48	11:15	Triple Jump	Sen Men	11m/13m
49	11:15	High Jump	Sen Women	SH 1m44
50	12:30	Discus	Sen Women	
51	13:45	Discus	U17 Women	
52	13:45	High Jump	U17 Women	SH 1m29
53	14:30	Triple Jump	U17 Women	7m/9m/11m
54	14:30	Shot Put	Sen Women	
55	15:00	Hammer	Sen Men	
56	15:45	Triple Jump	Sen Women	9m/11m
57	16:00	Hammer	U17 Men	
Minimum 2 Warm Up Attempts				
PV U17M 2m70;2m90;3m10;3m25;3m40;3m55;3m60				
PV SM 3m70;3m90;4m15;4m30;4m45;4m55;4m65				



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Track				
Event No	Time	Event	Age Group	Round
58	10:00	200m	U17 Women	1
59	10:20	200m	U17 Men	1
60	10:40	200m	Sen Women	1
61	11:00	200m	Sen Men	1
62	11:20	1500m	U17 Women	1
63	11:34	1500m	U17 Men	1
64	11:48	1500m	Sen Women	1
65	12:02	1500m	Sen Men	1
66	12:15	5000m	U20 / Sen Men	Race 1
67	12:35	200m	U17 Women	Semi Final
68	12:43	200m	U17 Men	Semi Final
69	12:47	200m	Sen Women	Final
70	12:51	200m	Sen Men	Semi Final
71	13:05	1500m SC	U17 Women Sen Women	Final
Lunch				
72				
73	14:10	400m	Sen Men	Final
74	14:15	5000m	Sen Men	Race 2
75	14:35	110m Hurdles	Sen Men	Final
76	14:45	100m Hurdles	U17 Men	Final
77	14:55	100m Hurdles	Sen Women	1
78	15:10	80m Hurdles	U17 Women	1
79	15:25	200m	Ambulant Men	Final
80	15:30	200m	U17 Women	Final
81	15:35	200m	U17 Men	Final
82	15:40	200m	Sen Men	Final
83	15:45	1500m	U17 Women	Final
84	15:53	1500m	U17 Men	Final
85	16:01	1500m	Sen Women	Final
86	16:09	1500m	Sen Men	Final
87	16:25	100m Hurdles	Sen Women	Final
88	16:30	80m Hurdles	U17 Women	Final

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Field				
Event No.	Time	Event	Age Group	Info
89	10:00	Hammer	U17 Women	
90		Hammer	Sen Women	
91	10:00	Long Jump	U17 Women	
92	10:15	High Jump	U17 Men	SH 1m58
93	11:30	Long Jump	Sen Women	
94	11:30	Shot Put	U17 Men	
95			Sen Men	
96	11:30	Seated Club	Men / Women	
97		Seated Discus		
98		Seated Javelin		
99		Seated Shot		
100	11:30	Javelin	U17 Women	
101	13:00	Javelin	Sen Women	
102	13:15	Long Jump	Sen Men	
103	13:45	Pole Vault	U17 Women	SH 2m20
104			Sen Women	SH 2m40
105	14:30	High Jump	Sen Men	SH 1m78
106	14:50	Long Jump	U17 Men	
107	15:30	Discus	Sen Men	
108			U17 Men	
Minimum 2 Warm Up Attempts				
PV U17W 2m20;2m40;2m60;2m80;2m95;3m10;3m20				
PV SW 2m20;2m40;2m60;2m80;2m95;3m10;3m20				