

# REVISED TIMETABLE

**Declarations will close at the designated time. Heats will run fastest to**

**Track - 30th Jul 2023**

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:00	10:50	11:00	400m Hurdles	U20M/SM
2	10:10	11:00	11:10	400m Hurdles	U17M
3	10:20	11:10	11:20	400m Hurdles	U20W/SW
4	10:25	11:15	11:25	300m Hurdles	U17W
5	10:30	11:20	11:30	1500m	All Men
6	10:50	11:40	11:50	1500m	All Women
7	11:05	11:55	12:05	200m - Pool 1	All Men
8	11:30	12:20	12:30	200m - Pool 2	All Men
<b>LUNCH BREAK - 30 mins</b>					
9	12:30	13:20	13:30	200m	All Women
10	13:10	14:00	14:10	800m	All Men
11	13:50	14:40	14:50	800m	All Women
12	14:10	15:00	15:10	100m - Pool 1	All Men
13	14:35	15:20	15:30	100m - Pool 2	All Men
14	15:00	15:50	16:00	100m	All Women

**Heats will run Fastest to Slowest**

**Field - 30th Jul 2023**

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
15	10:00	10:40	11:00	Triple Jump	All
16	10:00	10:40	11:00	Shot	U17W
17	10:00	10:40	11:00	Javelin	All Men
18	10:00	10:40	11:00	High Jump	U20M/SM
19	10:30	11:10	11:30	Pole Vault	All
20	11:15	11:55	12:15	Long Jump	U17W
21	11:15	11:55	12:15	Shot	U17M
22	11:15	11:55	12:15	Javelin	All Women
23	11:15	11:55	12:15	High Jump	U17W
24	12:30	13:10	13:30	Long Jump	U20W/SW
25	12:30	13:10	13:30	Shot	U20W/SW
26	12:30	13:10	13:30	High Jump	U17M
27	12:30	13:10	13:30	Hammer	All Men
28	14:00	14:40	15:00	Long Jump	All Men
29	14:00	14:40	15:00	Shot	U20M/SM
30	14:00	14:40	15:00	Hammer	All Women
31	14:00	14:40	15:00	High Jump	U20W/SW

**FIELD ATHLETES REPORT DIRECTLY AT EVENT**