

**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	18:10	200m	U13 Boys	1
2		200m	U13 Girls	1
3		200m	U15 Boys	1
4		200m	U15 Girls	1
5	18:35	200m	U17 Men	1
6		200m	Sen / U20 Men Open	1
7		200m	Sen / U20 Women Open	1
8	18:55	800m	U13 Boys	Timed Finals
9		800m	U13 Girls	Timed Finals
10		800m	U15 Boys	Timed Finals
11		800m	U15 Girls	Timed Finals
12	19:15	800m	U17 / U20 / Sen Men	Final
13		800m	U17 Women	Final
14	19:35	200m	U13 Boys	Final
15		200m	U13 Girls	Final
16		200m	U15 Boys	Final
17		200m	U15 Girls	Final
18	19:50	200m	U17 Men	Final
19		200m	U17 Women	Final
20		200m	Sen / U20 Men Open	2
21		200m	Sen / U20 Women Open	2

**If Heats are not required Finals will go at Heat Time**

**Outdoor Open Sprint Events - the top 16 athletes by time will qualify for a second run.**

Field				
Event No	Time	Event	Age Group	Info
22	17:30	Triple Jump	All Ages U15 +	7m/9m/11m
23	18:00	Discus	U17 / U20 / Senior	
24	19:00	Hammer	All Ages U15 +	
25	19:00	Long Jump	U17 / U20 / Senior	

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**Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts**

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Track				
Event No	Time	Event	Age Group	Round
26	10:00	400m Hurdles	Sen / U20 Men Open	Final
27		300m Hurdles	U17 Women	Final
28	10:15	100m	U13 Boys	1
29		100m	U13 Girls	1
30		100m	U15 Girls	1
31		100m	U17 Women	1
32		100m	Sen / U20 Men Open	1
33		100m	Sen / U20 Women Open	1
34	11:00	1500m	U13 Boys	Timed Final
35		1500m	U13 Girls	Timed Final
36		1500m	U15 Boys / Girls	Timed Final
37	11:30	1500m	U17 Men	Final
38		1500m	U17 Women	Final
39		1500m	Sen / U20 Men Open	1
40	11:50	100m	U13 Boys	Final
41		100m	U13 Girls	Final
42		100m	U15 Boys	Final
43		100m	U15 Girls	Final
44		100m	U17 Men	Final
45		100m	U17 Women	Final
46		100m	Sen / U20 Men Open	2
47		100m	Sen / U20 Women Open	2
48		5000m	Sen / U20 Men and Women Open	1
49	12:40	300m	U17 Women	1
50		400m	Sen / U20 Men Open	1
51		400m	Sen / U20 Women Open	1
Lunch				
52	13:15	70m Hurdles	U13 Girls	Final
53		75m Hurdles	U13 Boys	Final
54		75m Hurdles	U15 Girls	Final
55		80m Hurdles	U15 Boys	Final
56	13:35	80m Hurdles	U17 Women	Final
57		110m Hurdles	Sen / U20 Men Open	1
58		3000m	U17 Women	Final
59	14:25	110m Hurdles	Sen / U20 Men Open	2
60	14:35	300m	U15 Boys	Final
61		300m	U15 Girls	Final
62		300m	U17 Women	Final
63	14:50	400m	U17 Men	Final
64		400m	Sen / U20 Men Open	2
65		400m	Sen / U20 Women Open	2
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<b>Outdoor Open Sprint Events - the top 16 athletes by time will qualify for a second run.</b>				

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Field				
Event No	Time	Event	Age Group	Info
66	<b>10.00</b>	High Jump	U13 Girls / U13 Boys	1m00
67		Long Jump	U15 Girls	
68		Javelin	U17 / U20 / Senior Men & Women	
69	<b>11.00</b>	Javelin	U13 Girls / U13 Boys	
70		Long Jump	U13 Boys / U15 Boys	
71		High Jump	U17 / U20 / Senior Men & Women	1m20
72	<b>12.00</b>	High Jump	U15 Girls	1m18
73		Javelin	U15 Girls / U15 Boys	
74	<b>12:15</b>	Long Jump	U13 Girls	
75	<b>13.00</b>	Discus	U13 / U15 Girls & Boys	
76		Shot Put	U13 Girls / U13 Boys	
77	<b>13:15</b>	High Jump	U15 Boys	1m18
78	<b>14.00</b>	Shot Put	U15 Girls / U15 Boys	
79		Shot Put	U17 / U20 / Senior Men & Women	

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