

Athletes must declare their intention to compete at least 60mins before the scheduled start time.				
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	10:25	100m	Sen Men	1
4	10:49	100m	Sen Women	1
5	11:05	100m	U17 Women	1
6	11:25	100m	U17 Men	1
7	11:45	100m	Wheelchair / Frame Running	Final
8	11:50	800m	Sen Men	1
9	12:06	800m	Sen Women	1
10	12:12	800m	U17 Men	1
11	12:28	800m	U17 Women	1
12	12:51	400m Hurdles	Senior Men	Final
13	12:56	400m Hurdles	Senior Women	Final
14	13:01	400m Hurdles	U17 Men	Final
15	13:06	300m Hurdles	U17 Women	Final
16	13:20	100m	Sen Men	Semi Final
17	13:32	100m	Sen Women	Semi Final
18	13:40	100m	U17 Women	Semi Final
19	13:52	100m	U17 Men	Semi Final
Lunch				
20	14:30	1500m SC	U17 Men	Final
21	14:40	300m	U17 Women	1
22	14:56	400m	Sen Men	1
23	15:16	400m	Sen Women	1
24	15:24	400m	U17 Men	1
25	15:36	800m	Sen Men	Final
26	15:40	800m	Sen Women	Final
27	15:44	800m	U17 Men	Final
28	15:48	800m	U17 Women	Final
29	15:56	3000m SC	Sen Men	Final
30	16:14	100m	Sen Men	Final
31	16:18	100m	Sen Women	Final
32	16:22	100m	U17 Women	Final
33	16:26	100m	U17 Men	Final
34	16:30	5000m	Sen / U20 Women	Final
35	16:50	400m	Wheelchair / Frame Running	Final
36	16:56	400m	Sen Men	Semi Final
37	17:04	400m	Sen Women	Final
38	17:08	400m	U17 Men	Final
39	17:12	300m	U17 Women	Final
If Heats are not required FINALS will go at HEAT Time Parallel Success: Ambulant para athletes in the 100m and 400m will be seeded within the open championship. RAZA points will be used to determine male and female medal awards for each event containing multiple classifications.				
Field				
Event No	Time	Event	Age Group	Info
40	10:00	Javelin	Sen Women	
41	10:00	Shot Put	U17 Men	
42	10:45	Pole Vault	U17 Men	SH 2m50
			Sen Men	SH 3m70
43	10:45	Javelin	U17 Women	
44	11:15	Triple Jump	U17 Men	9m/11m
			Sen Men	11m/13m
45	11:15	High Jump	Sen Women	SH 1m39
46	12:30	Discus	U17 Men	
47	13:45	Discus	Sen Men	
48	13:45	High Jump	U17 Women	SH 1m28
49	14:00	Triple Jump	U17 Women	7m/9m/11m
50	14:30	Shot Put	Senior Men	
51	15:00	Hammer	Sen Women	
52	15:45	Triple Jump	Sen Women	9m/11m
53	16:00	Hammer	U17 Women	
Minimum 2 Warm Up Attempts PV U17M 2m50/2m70/2m90/3m10/3m25/3m40/3m55/3m65/3m75 then 10cms PV SM 3m75/3m95/4m15/4m25/4m35/4m45 then 10cms				



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Track				
Event No	Time	Event	Age Group	Round
54	10:00	200m	U17 Women	1
55	10:24	200m	U17 Men	1
56	10:40	200m	Sen Women	1
57	10:56	200m	Sen Men	1
58	11:20	1500m	U17 Women	1
59	11:34	1500m	U17 Men	1
60	11:48	1500m	Sen Women	1
61	12:02	1500m	Sen Men	1
62	12:20	5000m	U20 / Sen Men	Final
63	12:45	200m	U17 Women	Semi Final
64	12:57	200m	U17 Men	Semi Final
65	13:05	200m	Sen Women	Semi Final
66	13:13	200m	Sen Men	Semi Final
67	13:25	1500m SC	U17 Women	Final
Lunch				
68	14:05	3000m SC	Sen Women	Final
69	14:24	400m	Sen Men	Final
70	14:35	110m Hurdles	Sen Men	Final
71	14:45	100m Hurdles	U17 Men	1
72	14:55	100m Hurdles	Sen Women	Final
73	15:05	80m Hurdles	U17 Women	1
74	15:25	200m	U17 Women	Final
75	15:30	200m	U17 Men	Final
76	15:35	200m	Sen Women	Final
77	15:40	200m	Sen Men	Final
78	15:48	1500m	U17 Women	Final
79	15:56	1500m	U17 Men	Final
80	16:04	1500m	Sen Women	Final
81	16:12	1500m	Sen Men	Final
82	16:25	80m Hurdles	U17 Women	Final
83	16:30	100m Hurdles	U17 Men	Final

If Heats not required FINALS will go at HEAT Time

Field				
Event No.	Time	Event	Age Group	Info
84	10:00	Javelin	U17 Men	
85	10:00	Seated Club	Men/Women	
		Seated Discus		
86	10:00	Long Jump	U17 Women	
87	10:15	High Jump	U17 Men	SH 1m43
88	11:15	Javelin	Sen Men	
89	11:30	Shot Put	U17 Women	
90	12:00	Long Jump	Sen Women	
91	12:15	Discus	Sen Women	
92	13:30	Long Jump	Sen Men	
93	13:30	Discus	U17 Women	
94	13:45	Seated Javelin	Men/Women	
		Seated Shot		
95	14:15	Pole Vault	U17 Women	SH 2m20
			Sen Women	
96	14:30	High Jump	Sen Men	SH 1m63
97	15:00	Long Jump	U17 Men	
98	15:30	Shot Put	Sen Women	
99	15:30	Hammer	Sen Men	
			U17 Men	

Minimum 2 Warm Up Attempts
PV U17W 2m20/2m40/2m60/2m80/2m95/3m10/3m20 then 10cms
PV SW 2m20/2m40/2m60/2m80/2m95/3m10/3m20 then 10cms

