

<b>Athletes must declare their intention to compete at least 60mins before the scheduled start time.</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
1	10:00	100m	U15 Girls	1
2	10:32	100m	U15 Boys	1
3	10:55	1500m	U15 Boys	Timed Finals
4	11:11	1500m	U15 Girls	Timed Finals
5	11:37	300m	U15 Girls	1
6	11:52	300m	U15 Boys	1
7	12:00	100m	U15 Girls	Semi Final
8	12:12	100m	U15 Boys	Semi Final
9	12:30	800m	U20 Women	1
10	12:42	800m	U20 Men	1
<b>LUNCH</b>				
11	13:25	400m Hurdles	U20 Men	Final
12	13:32	400m Hurdles	U20 Women	Final
13	13:42	100m	U15 Girls	Final
14	13:46	100m	U15 Boys	Final
15	13:55	75m Hurdles	U15 Girls	1
16	14:21	300m	U15 Girls	Final
17	14:25	300m	U15 Boys	Final
18	14:29	200m	U15 Girls	1
19	14:59	200m	U20 Men	1
20	15:15	200m	U20 Women	1
21	15:29	200m	U15 Boys	1
22	15:43	800m	U15 Girls	Timed Finals
23	15:59	800m	U15 Boys	Timed Finals
24	16:18	75m Hurdles	U15 Girls	Semi Final
25	16:34	200m	U15 Girls	Semi Final
26	16:46	200m	U20 Men	Semi Final
27	16:54	200m	U20 Women	Semi Final
28	17:02	200m	U15 Boys	Final
29	17:09	800m	U20 Women	Final
30	17:13	800m	U20 Men	Final
31	17:22	75m Hurdles	U15 Girls	Final
32	17:28	80m Hurdles	U15 Boys	Final
33	17:39	200m	U15 Girls	Final
34	17:43	200m	U20 Men	Final
35	17:47	200m	U20 Women	Final
<b>If Heats are not required Finals will go at HEAT time</b>				



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Field				
Event No.	Time	Event	Age Group	Info
36	10:00	Hammer	U15 Girls	
37	10:00	Long Jump	U15 Girls	Pool 2
38	10:00	High Jump	U15 Boys	SH 1m24
39	11:00	Javelin	U15 Boys	
37	11:00	Long Jump	U15 Girls	Pool 1
40	11:30	Pole Vault	U20 Men	SH 3m01
			U20 Women	SH 2m11
			U15 Boys	
41	12:00	High Jump	U15 Girls	SH 1m19
42	12:00	Javelin	U15 Girls	
43	13:15	Long Jump	U15 Boys	
44	13:15	Javelin	U20 Women	
			U20 Men	
45	13:15	High Jump	U20 Women	SH 1m42
			U20 Men	SH 1m52
46	13:15	Shot Put	U15 Girls	
47	14:15	Hammer	U15 Boys	
48	14:30	Long Jump	U20 Men	
49	15:00	Shot Put	U15 Boys	
50	15:00	Discus	U15 Girls	
51	15:30	Triple Jump	U15 Girls	7m/9m
		Triple Jump	U15 Boys	7m/9m/11m
52	16:30	Discus	U15 Boys	

**Minimum 2 Warm Up Attempts**

U20M PV - 3m01/3m21/3m41/3m56/3m71/3m86/ then 10cms

U20W PV - 2m11/2m31/2m45/2m60/2m75/2m90/ then 10cms

U15B PV - 2m11/2m26/2m41/2m56/2m71/2m86/3m01 then 10cms



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53	10:00	100m	U13 Girls	1
54	10:32	100m	U13 Boys	1
55	10:48	100m	U20 Men	1
56	11:04	100m	U20 Women	1
57	11:16	400m	U20 Women	1
58	11:28	400m	U20 Men	1
59	11:40	100m	U13 Girls	Semi Final
60	11:52	100m	U13 Boys	Semi Final
61	12:00	100m	U20 Men	Semi Final
62	12:10	800m	U13 Girls	Timed Final
63	12:26	800m	U13 Boys	Timed Final
64	12:40	100m	U20 Women	Final
65	12:44	100m	U13 Girls	Final
66	12:48	100m	U13 Boys	Final
67	12:52	100m	U20 Men	Final
68	13:00	2000m SC	U20 Men	Final
<b>LUNCH</b>				
69	13:40	1500m SC	U20 Women	Final
70	13:50	200m	U13 Girls	1
71	14:15	200m	U13 Boys	1
72	14:31	1500m	U20 Men	1
73	14:45	1500m	U20 Women	1
74	15:05	110m Hurdles	U20 Men	Final
75	15:11	100m Hurdles	U20 Women	Final
76	15:17	75m Hurdles	U13 Boys	1
77	15:27	70m Hurdles	U13 Girls	1
78	15:47	200m	U13 Girls	Semi Final
79	15:59	200m	U13 Boys	Semi Final
80	16:10	400m	U20 Women	Final
81	16:14	400m	U20 Men	Final
82	16:21	1500m	U13 Girls	Timed Final
83	16:41	1500m	U13 Boys	Timed Final
84	17:01	1500m	U20 Women	Final
85	17:08	1500m	U20 Men	Final
86	17:20	70m Hurdles	U13 Girls	Final
87	17:26	75m Hurdles	U13 Boys	Final
88	17:36	200m	U13 Girls	Final
89	17:40	200m	U13 Boys	Final
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90	10:00	Hammer	U20 Women	
			U20 Men	
91	10:00	High Jump	U13 Girls	SH 1m12
92	10:00	Long Jump	U20 Women	
93	11:15	Shot Put	U13 Boys	
94	11:15	Javelin	U13 Girls	
95	11:15	Long Jump	U13 Girls	Pool 2
96	12:30	Javelin	U13 Boys	
95	12:30	Long Jump	U13 Girls	Pool 1
97	12:45	Shot Put	U20 Women	
			U20 Men	
98	13:45	Shot Put	U13 Girls	
99	13:45	Long Jump	U13 Boys	
100	14:45	Discus	U13 Girls	
			U13 Boys	
101	15:00	High Jump	U13 Boys	SH 1m12
102	15:00	Triple Jump	U20 Women	9m/11m
103	16:15	Triple Jump	U20 Men	9m/11m
104	16:15	Discus	U20 Women	
			U20 Men	
<b>Minimum 2 Warm Up Attempts</b>				

