

Athletes must declare their intention to compete at least 60mins before the scheduled start time.				
Straight Track				
Event No	Time	Event	Age Group	Round
1	10:00	60m	Men	1
2	10:24	60m	U17 Women	1
3	10:44	60m	U17 Men	1
4	11:04	60m	Women	1
5	11:30	60m Hurdles	U17 Women	1
6	11:45	60m Hurdles	Women	1
7	12:10	60m	Men	Semi Final
8	12:22	60m	U17 Women	Semi Final
9	12:30	60m	U17 Men	Semi Final
10	12:38	60m	Women	Semi Final
11	12:45	60m Hurdles	U17 Women	Final
12	12:50	60m Hurdles	Women	Final
13	12:55	60m Hurdles	U17 Men	Final
14	13:00	60m Hurdles	Men	Final
15	13:10	60m	Men	Final
16	13:14	60m	U17 Women	Final
17	13:18	60m	U17 Men	Final
18	13:22	60m	Women	Final
Straight Track will take precedence over Circular Track If heats are not required FINALS will go at HEAT time.				
Circular Track				
Event No	Time	Event	Age Group	Round
19	11:46	300m	U17 Women	1
20	12:06	400m	U17 Men	1
21	12:16	400m	Women	1
22	12:36	400m	Men	1
23	12:56	800m	Men	1
24	13:10	800m	U17 Women	1
25	13:18	800m	U17 Men	1
26	13:26	800m	Women	1
27	13:38	1500m	Men	1
28	13:52	200m	Men	1
29	14:20	200m	U17 Women	1
30	14:40	200m	U17 Men	1
31	15:00	200m	Women	1
32	15:30	300m	U17 Women	Final
33	15:36	400m	U17 Men	Final
34	15:40	400m	Women	Final
35	15:44	400m	Men	Final
36	15:50	200m	U17 Women	Semi Final
37	15:58	200m	U17 Men	Semi Final
38	16:06	200m	Women	Semi Final
39	16:18	200m	Men	Semi Final
40	16:30	800m	U17 Women	Final
41	16:35	800m	U17 Men	Final
42	16:40	800m	Women	Final
43	16:45	800m	Men	Final
44	16:50	1500m	U17 Women	Final
45	16:58	1500m	U17 Men	Final
46	17:06	1500m	Women	Final
47	17:14	1500m	Men	Final
48	17:25	200m	U17 Women	Final
49	17:29	200m	U17 Men	Final
50	17:34	200m	Women	Final
51	17:38	200m	Men	Final
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.				

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Field						
Event No	Time	Event	Age Group	Round	Area	
52	10:00	Long Jump	U17 Women	Final		
53	10:00	Shot Put	U17 Men	Final		
54	10:45	Pole Vault	Women	Final		SH 2m14
			U17 Women	Final		SH 2m14
55	11:30	Long Jump	U17 Men	Final		
56	11:30	Shot Put	Men	Final		
57	12:45	Long Jump	Men	Final		
58	12:45	Shot Put	Women	Final		
59	14:00	Pole Vault	Men	Final		SH 3m62
			U17 Men	Final		SH 2m49
60	14:00	Long Jump	Women	Final		
61	14:30	High Jump	Men	Final	60F	SH 1m74
			U17 Men	Final	60St	SH 1m44
62	15:30	Triple Jump	Men	Final	In	11m/13m
			U17 Men	Final	In	9m/11m
63	15:55	Shot Put	U17 Women	Final		
64	16:00	High Jump	Women	Final	60F	SH 1m44
			U17 Women	Final	60St	SH 1m34
65	16:45	Triple Jump	Women	Final	In	9m/11m
			U17 Women	Final	Out	7m/9m

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - 2 Warm Up attempts

3 attempts in Competition, top 8 advance for additional 3 attempts

High Jump - 2 Heights in Warm Up only

PV U17/SW 2m14 - 2m34 - 2m54 - 2m69 - 2m84 - 2m99 then 10cms

PV U17M 2m49 - 2m69 - 2m89 - 3m04 - 3m19 - 3m34 then 10cms

PV SM 3m62 - 3m82 - 4m02 - 4m17 - 4m32 - 4m47 then 10cms