

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	60m	Sen Men CE	
2	10:08	60m	U20 Men CE	
3	10:12	60m	U17 Men CE	
4	10:20	60m	Mas Men CE	
5	11:00	60m Hurdles	U15 Boys CE	
6	11:10	60m Hurdles	U13 Boys CE	
7	11:35	60m Hurdles	U13 Girls CE	
8	12:00	4 x 200m Relay	U17 Women	1
9	12:15	4 x 200m Relay	U17 Men	1
10	12:30	4 x 200m Relay	Sen Women	1
11	12:45	4 x 200m Relay	Sen Men	1
12	14:15	4 x 200m Relay	U17 Women	Final
13	14:20	4 x 200m Relay	U17 Men	Final
14	14:25	4 x 200m Relay	Sen Women	Final
15	14:30	4 x 200m Relay	Sen Men	Final
16	15:15	800m	U13 Boys CE	
17	15:30	800m	U13 Girls CE	
18	16:00	800m	U15 Boys CE	
All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.				
Field				
Event No	Time	Event	Age Group	
19	10:00	High Jump	U13 Girls CE Pool 1	1m13
19			U13 Girls CE Pool 2	1m04
20	10:00	Shot Put	U13 Boys CE	
21	10:00	Long Jump	U15 Boys CE	In
22	11:00	Shot Put	U17 / Mas Men CE	
23	11:00	Long Jump	Sen/U20 Men CE Pool 2	In
23	11:45	Long Jump	Sen/U20 Men CE Pool 1	In
24	12:30	Shot Put	Sen/U20 Men CE Pool 2	
25	12:30	High Jump	U15 Boys CE	1m19
26			U13 Boys CE	1m04
27	13:00	Long Jump	U13 Girls CE Pool 1	In
27			U13 Girls CE Pool 2	Out
28	13:15	Pole Vault	U17 / Mas Men CE Pool 2	SH 2m09
28			U17 / Mas Men CE Pool 1	SH 2m49
24	13:15	Shot Put	Sen/U20 Men CE Pool 1	
29	14:00	Long Jump	U13 Boys CE Pool 1	In
29			U13 Boys CE Pool 2	Out
30	14:30	Shot Put	U13 Girls CE	
31	14:45	High Jump	Sen/U20 Men CE Pool 2	SH 1m55
31			Sen/U20 Men CE Pool 1	SH 1m84
32	15:15	Long Jump	U17 / Mas Men CE	In
33	15:15	Shot Put	U15 Boys CE	
All Shot competitions will be held in corner outside back straight. All Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition High Jump - Minimum 2 Heights in Warm Up				

Athletes must declare their intention to compete at least 60mins before the scheduled start time				
Straight Track				
Event No	Time	Event	Age Group	Round
34	10:00	60m Hurd	Sen / U20 Men CE	
35	10:10	60m Hurd	U17 Men CE	
36	10:15	60m Hurd	Sen / U20 Women CE	
37	10:30	60m Hurd	Masters Men CE	
38	11:30	60m Hurd	U17 Women CE	
39	11:40	60m Hurd	U15 Girls CE	
Circular Track				
Event No	Time	Event	Age	Round
40	12:45	3000m	Masters M35 / M50	
40	12:57	3000m	Masters M40 / M45	
40	13:10	3000m	Masters M55 / M60 / M65 / M70	
41	13:25	3000m	Mas Women	
42	15:15	1000m	U20 Men CE	
43	15:25	1000m	Sen Men CE	
44	15:40	1000m	Masters Men CE	
45	15:50	1000m	U17 Men CE	
46	16:00	800m	U17 Women CE	
47	16:10	800m	Sen Women CE	
47			U20 Women CE	
48	16:40	800m	U15 Girls CE	
Straight Track will take precedence over Circular Track				
All heat lists will be displayed at warm up area. Please check for report time.				
If heats are not required FINALS will go at HEAT time.				
Field				
Event No	Time	Event	Age Group	Info
49	10:00	High Jump	U15 Girls CE Pool 2	SH 1m11
49			U15 Girls CE Pool 1	SH 1m17
50	10:00	Shot Put	U17 Women CE Pool 1	
50			U17 Women CE Pool 2	
51	11:15	Pole Vault	Sen / U20 Men CE Pool 1	SH 3m97
51			Sen / U20 Men CE Pool 2	SH 2m17
52	11:30	High Jump	Sen/U20 Women CE Pool 1	SH 1m33
52			Sen/U20 Women CE Pool 2	SH 1m27
53	12:30	Long Jump	U17 Women CE Pool 1	In
53			U17 Women CE Pool 2	Out
54	13:00	High Jump	Masters/U17 Men CE Pool 2	SH 1m12
54			Masters/U17 Men CE Pool 1	SH 1m42
55	13:15	Long Jump	U15 Girls CE Pool 1	In
55			U15 Girls CE Pool 2	Out
56	13:15	Shot Put	Sen Wom CE Pool 1	
56			U20 Wom CE Pool 2	
57	14:15	High Jump	U17 Women CE Pool 1	SH 1m30
57			U17 Women CE Pool 2	SH 1m18
58	14:15	Long Jump	Sen Women CE Pool 1	Pool 1 in
58	14:45	Long Jump	U20 Wom CE Pool 2	Pool 2 out
59	15:00	Shot Put	U15 Girls CE Pool 2	
59			U15 Girls CE Pool 1	
All Shot competitions will be held in corner outside back straight.				
Horizontal Jumps & Shot Put - 2 Warm Ups				
3 Attempts in Competition				
High Jump - 2 Heights in Warm Up Only				