

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 Hurdles	U15 Girls	1
2	10:20	60m	U20 Men	1
3	10:32	60m	U15 Boys	1
4	10:48	60m	U20 Women	1
5	11:04	60m	U15 Girls	1
6	11:38	60m Hurdles	U15 Girls	Semi Final
7	11:48	60m Hurdles	U15 Boys	1
8	12:05	60m	U20 Men	Semi Final
9	12:13	60m	U15 Boys	Semi Final
10	12:21	60m	U20 Women	Semi Final
11	12:29	60m	U15 Girls	Semi Final
12	12:45	60m Hurdles	U15 Girls	Final
13	12:50	60m Hurdles	U15 Boys	Final
14	13:00	60m	U20 Men	Final
15	13:04	60m	U15 Boys	Final
16	13:07	60m	U20 Women	Final
17	13:11	60m	U15 Girls	Final

Circular Track

Event No	Time	Event	Age Group	Round
18	13:45	800m	U20 Women	1
19	13:57	800m	U20 Men	1
20	14:10	200m	U15 Girls	1
21	14:35	300m	U15 Girls	1
22	14:51	300m	U15 Boys	1
23	15:05	800m	U15 Girls	Timed Finals
24	15:21	800m	U15 Boys	Timed Finals
25	15:30	800m	U20 Women	Final
26	15:34	800m	U20 Men	Final
27	15:40	200m	U15 Girls	Semi Final
28	15:48	200m	U15 Boys	1
29	16:05	1500m	U15 Girls	Timed Finals
30	16:25	1500m	U15 Boys	Timed Finals
31	16:40	300m	U15 Girls	Final
32	16:45	300m	U15 Boys	Final
33	16:55	200m	U15 Boys	Final
34	16:59	200m	U15 Girls	Final

Straight Track will take precedence over Circular Track

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	Info
35	10:00	High Jump	U15 Boys	SH 1m27
36	10:00	Long Jump Pool 1	U15 Girls	In
36		Long Jump Pool 2		Out
37	10:00	Shot Put	U20 Women	
38	11:30	Shot Put	U15 Girls	
39	11:30	Triple Jump	U20 Men	11m/13m
40	12:00	Pole Vault	U15 Boys	SH 2m02
40			U15 Girls	
41	12:45	Triple Jump	U15 Boys	7m/9m
41		Triple Jump	U15 Girls	7m/9m
42	13:45	High Jump	U20 Men	SH 1m58
43	14:00	Triple Jump	U20 Women	9m/11m
44	14:00	Shot Put	U15 Boys	
45	15:15	Long Jump	U15 Boys	
46	15:15	High Jump Pool 1	U15 Girls	SH 1m32
46		High Jump Pool 2	U15 Girls	SH 1m22

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

PV U15 2m02 - 2m22 - 2m42 - 2m62 - 2m77 - 2m92 then 10cms

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Straight Track

Event No	Time	Event	Age Group	Round
47	10:00	60m	U13 Girls	1
48	10:28	60m	U13 Boys	1
49	10:50	60m Hurdles	U13 Girls	1
50	11:05	60m Hurdles	U13 Boys	1
51	11:15	60m Hurdles	U20 Women	1
52	11:30	60m Hurdles	U20 Men	1
53	11:45	60m	U13 Girls	Semi Final
54	11:57	60m	U13 Boys	Semi Final
55	12:10	60m Hurdles	U13 Girls	Final
56	12:15	60m Hurdles	U13 Boys	Final
57	12:20	60m Hurdles	U20 Women	Final
58	12:25	60m Hurdles	U20 Men	Final
59	12:35	60m	U13 Girls	Final
60	12:39	60m	U13 Boys	Final

Circular Track

Event No	Time	Event	Age Group	Round
61	13:14	1500m	U20 Women	1
62	13:28	200m	U20 Men	1
63	13:52	200m	U20 Women	1
64	14:16	200m	U13 Boys	1
65	14:36	200m	U13 Girls	1
66	14:56	400m	U20 Women	1
67	15:12	400m	U20 Men	1
68	15:24	800m	U13 Girls	Timed Finals
69	15:40	800m	U13 Boys	Timed Finals
70	15:52	200m	U20 Men	Semi Final
71	16:04	200m	U20 Women	Semi Final
72	16:16	200m	U13 Boys	Semi Final
73	16:24	200m	U13 Girls	Semi Final
74	16:36	1500m	U13 Girls	Timed Finals
75	16:52	1500m	U13 Boys	Timed Finals
76	17:00	1500m	U20 Women	Final
77	17:07	1500m	U20 Men	Final
78	17:14	400m	U20 Women	Final
79	17:18	400m	U20 Men	Final
80	17:22	200m	U20 Men	Final
81	17:26	200m	U20 Women	Final
82	17:30	200m	U13 Boys	Final
83	17:34	200m	U13 Girls	Final

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Field				
Event No	Time	Event	Age Group	Info
84	10:00	Long Jump	U20 Men	
85	10:05	Shot Put	U13 Boys	
86	10:15	High Jump	U13 Boys	SH 1m13
87	11:30	Shot Put	U13 Girls	
88	11:30	Long Jump	U20 Women	
89	12:30	Pole Vault	U20 Women	SH 2m19
90	13:30	High Jump	U20 Women	SH 1m37
91	13:30	Long Jump Pool 1	U13 Girls	In
91		Long Jump Pool 2		Out
92	14:30	Pole Vault	U20 Men	SH 3m06
93	15:00	High Jump	U13 Girls	SH 1m23
93				SH 1m13
94	15:40	Long Jump	U13 Boys	
95	15:40	Shot Put	U20 Men	

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High Jump - 2 Heights in Warm Up Only