

Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.				
Track				
Event No	Time	Event	Age Group	Round
1	18:10	60m Hurdles	Women	1
2	18:20	60m	Men	1
3	18:35	60m	Women	1
4	18:50	60m	Para Men	Final
5	18:55	60m	Para Women	Final
6	19:00	1500m	Men	Final
7	19:15	60m Hurdles	U18 Women	Final
8	19:21	60m Hurdles	Women	Final
9	19:27	60m Hurdles	Men	Final
10	19:33	5000m	Men	Final
11	19:48	60m	Men	Final
12	19:53	60m	Women	Final
13	19:58	400m	Men	Final
14	20:13	400m	Women	Final
15	20:23	200m	Men	Final
16	20:33	200m	Women	Final
17	20:43	800m	Women	Final
Field				
Event No	Time	Event	Age Group	Info
18	18:00	Long Jump	U18 Men / Para Men	
19	19:15	MOK Security Solutions Long Jump	U18 / Senior Men	
20	19:55	High Jump	U18 / Women	SH 1m50

High Jump - 1m50/1m55/1m60/1m64/1m68/1m72/1m75/1m78/1m81/1m83/1m85
 Long Jump - all athletes will receive 3 trials with the top 8 receiving an additional 3 trials

