

Athletes must declare their intention to compete at least 60mins before the scheduled start time.				
Track				
Event No.	Time	Event	Age Group	Round
1	11:00	400m Hurdles	U18 / U20 / Senior Women	
2	11:07	400m Hurdles	U20 / Senior Men	
3	11:15	800m	Women	
4	11:20	800m	Men	
5	11:35	100m	Women	
6	11:55	100m	Men	
7	12:10	100m Hurdles	Sen / U20 Women	
8	12:15	100m / 110m Hurdles	U18 Men / U18 Women	
9	12:25	400m	Women	
10	12:40	400m	Men	
11	12:55	2000m SC	U20 / Senior Men	
Lunch				
12	13:45	200m	Women	
13	14:05	200m	Men	
14	14:30	2000m SC	Women	
15	14:50	4x100m	Mixed Open	
16	15:05	1500m	Women	
17	15:15	1500m	Men	
18	15:25	4x400m	Mixed Open	
Field				
Event No.	Time	Event	Age Group	Info
19	10:00	Hammer	Women / Men	
20	10:00	Long Jump	Women	
21	11:30	Long Jump	Men	
22	11:30	Discus	Men / Women	
23	11:30	Seated Javelin/Shot	Men	
24	13:00	Triple Jump	Men / Women	9m/11m/13m
25	13:00	Javelin	Men / Women	
26	13:00	Shot Put	Women	
27	14:15	Shot Put	Men	
28	14:15	Seated Club/Discus	Men / Women	
29	14:15	High Jump	Men / Women	SH 1m36
Throws and Horizontal Jumps: Minimum 2 Warm Up and 6 Competition Trials				