

11.30	Div 2 / 3	Senior Men	3000m	14.00	Div 2 / 3	Under 13 Girls	High Jump
11.50	Div 2A	Under 17 Women	300M	14.00	Div 2 / 3	Under 13 Boys	Shot Putt
11.52	Div 2B	Under 17 Women	300M	14.05	Div 2	Under 11 Girls	800M
11.54	Div 3	Under 17 Women	300M	14.10	Div 3	Under 11 Girls	800M
11.59	Div 2A	Under 15 Boys	400M	14.15	Div 2	Under 11 Boys	800M
12.00	Div 2 / 3	Under 11 Boys	Long Jump	14.20	Div 3	Under 11 Boys	800M
12.00	Div 2 / 3	Under 15 Boys	Javelin	14.25	Div 2	Under 13 Girls	800M
12.00	Div 2 / 3	Under 15 Girls	High Jump	14.30	Div 3	Under 13 Girls	800M
12.00	Div 2 / 3	Under 17 Women	Long Jump	14.30	Div 2 / 3	Senior Women	Long Jump
12.01	Div 2B	Under 15 Boys	400M	14.30	Div 2 / 3	Under 15 Girls	Discus
12.03	Div 3	Under 15 Boys	400M	14.30	Div 2 / 3	Under 13 Boys	Long Jump
12.05	Div 2A	Under 17 Men	400M	14.35	Div 2	Under 13 Boys	800M
12.07	Div 2B	Under 17 Men	400M	14.40	Div 3	Under 13 Boys	800M
12.09	Div 3	Under 17 Men	400M	14.44	Div 2	Under 15 Girls	800M
12.11	Div 2A	Senior Women	400M	14.45	Div 2 / 3	Under 17 Women	High Jump
12.13	Div 2B	Senior Women	400M	14.45	Div 2 / 3	Senior Men	Shot Putt
12.15	Div 3	Senior Women	400M	14.48	Div 3	Under 15 Girls	800M
12.17	Div 2A	Senior Men	400M	14.52	Div 2	Under 15 Boys	800M
12.19	Div 2B	Senior Men	400M	14.56	Div 3	Under 15 Boys	800M
12.21	Div 3	Senior Men	400M	15.00	Div 2	Under 17 Women	800M
12.26	Div 2A	Under 11 Girls	80M	15.04	Div 3	Under 17 Women	800M
12.28	Div 2B	Under 11 Girls	80M	15.08	Div 2	Under 17 Men	800M
12.30	Div 3	Under 11 Girls	80M	15.12	Div 3	Under 17 Men	800M
12.32	Div 2A	Under 11 Boys	80M	15.16	Div 2	Senior Women	800M
12.34	Div 2B	Under 11 Boys	80M	15.20	Div 3	Senior Women	800M
12.36	Div 3	Under 11 Boys	80M	15.24	Div 2	Masters Women	800M
12.41	Div 2A	Under 13 Girls	100M	15.28	Div 3	Masters Women	800M
12.43	Div 2B	Under 13 Girls	100M	15.30	Div 2 / 3	Senior Men	Triple Jump
12.45	Div 2 / 3	Under 13 Girls	Long Jump	15.30	Div 2 / 3	Under 17 Men	Discus
12.45	Div 2 / 3	Senior Women	High Jump	15.30	Div 2 / 3	Under 15 Boys	High Jump
12.45	Div 3	Under 13 Girls	100M	15.32	Div 2	Senior Men	800M
12.45	Div 2 / 3	Under 15 Girls	Long Jump	15.36	Div 3	Senior Men	800M
12.47	Div 2A	Under 13 Boys	100M	15.40	Div 2	Masters Men	800M
12.49	Div 2B	Under 13 Boys	100M	15.44	Div 3	Masters Men	800M
12.51	Div 3	Under 13 Boys	100M	15.45	Div 2 / 3	Senior Women	Shot Putt
12.53	Div 2A	Under 15 Girls	100M	15.50	Div 2	Senior Women	4 x 100M
12.55	Div 2B	Under 15 Girls	100M	15.55	Div 3	Senior Women	4 x 100M
12.57	Div 3	Under 15 Girls	100M	16.00	Div 2	Under 17 Men	4 x 100M
12.59	Div 2A	Under 15 Boys	100M	16.05	Div 3	Under 17 Men	4 x 100M
13.00	Div 2 / 3	Under 15 Boys	Discus	16.10	Div 2	Senior Men	4 x 100M
13.00	Div 2 / 3	Under 17 Men	Shot Putt	16.15	Div 3	Senior Men	4 x 100M
13.00	Div 2 / 3	Under 17 Women	Javelin	16.15	Div 2 / 3	Under 17 Men	High Jump
13.01	Div 2B	Under 15 Boys	100M	16.20	Div 2	Under 11 Girls	4 x 100M
13.03	Div 3	Under 15 Boys	100M	16.25	Div 3	Under 11 Girls	4 x 100M
13.05	Div 2A	Under 17 Women	100M	16.30	Div 2	Under 11 Boys	4 x 100M
13.07	Div 2B	Under 17 Women	100M	16.35	Div 3	Under 11 Boys	4 x 100M
13.09	Div 3	Under 17 Women	100M	16.40	Div 2	Under 13 Girls	4 x 100M
13.11	Div 2A	Under 17 Men	100M	16.45	Div 3	Under 13 Girls	4 x 100M
13.13	Div 2B	Under 17 Men	100M	16.50	Div 2	Under 13 Boys	4 x 100M
13.15	Div 3	Under 17 Men	100M	16.55	Div 3	Under 13 Boys	4 x 100M
13.17	Div 2A	Senior Women	100M	17.00	Div 2	Under 15 Girls	4 x 100M
13.19	Div 2B	Senior Women	100M	17.05	Div 3	Under 15 Girls	4 x 100M
13.21	Div 3	Senior Women	100M	17.10	Div 2	Under 15 Boys	4 x 100M
13.23	Div 2A	Senior Men	100M	17.15	Div 3	Under 15 Boys	4 x 100M
13.30	Div 2 / 3	Under 17 Men	Long Jump	17.20	Div 2	Under 17 Women	4 x 100M
13.30	Div 2B	Senior Men	100M	17.25	Div 3	Under 17 Women	4 x 100M
13.30	Div 2 / 3	Under 11 Girls	Long Jump				
13.32	Div 3	Senior Men	100M				
13.34	Div 2A	Masters Women	100M				
13.36	Div 2B	Masters Women	100M				
13.38	Div 3	Masters Women	100M				
13.40	Div 2A	Masters Men	100M				
13.42	Div 2B	Masters Men	100M				
13.44	Div 3	Masters Men	100M				
13.50		Break					

MENS TIMETABLE

TIME	AGE GROUP	EVENT
12.00	Under 11 Boys	Long Jump
12.32	Under 11 Boys	80M
14.15	Under 11 Boys	800M
16.30	Under 11 Boys	4 x 100M

WOMENS TIMETABLE

TIME	AGE GROUP	EVENT
12.26	Under 11 Girls	80M
13.30	Under 11 Girls	Long Jump
14.05	Under 11 Girls	800M
16.20	Under 11 Girls	4 x 100M

TIME	AGE GROUP	EVENT
12.47	Under 13 Boys	100M
14.00	Under 13 Boys	Shot Putt
14.30	Under 13 Boys	Long Jump
14.35	Under 13 Boys	800M
16.50	Under 13 Boys	4 x 100M

TIME	AGE GROUP	EVENT
12.41	Under 13 Girls	100M
12.45	Under 13 Girls	Long Jump
14.00	Under 13 Girls	High Jump
14.25	Under 13 Girls	800M
16.40	Under 13 Girls	4 x 100M

TIME	AGE GROUP	EVENT
11.59	Under 15 Boys	400M
12.00	Under 15 Boys	Javelin
12.59	Under 15 Boys	100M
13.00	Under 15 Boys	Discus
14.52	Under 15 Boys	800M
15.30	Under 15 Boys	High Jump
17.10	Under 15 Boys	4 x 100M

TIME	AGE GROUP	EVENT
12.00	Under 15 Girls	High Jump
12.45	Under 15 Girls	Long Jump
12.53	Under 15 Girls	100M
14.30	Under 15 Girls	Discus
14.44	Under 15 Girls	800M
17.00	Under 15 Girls	4 x 100M

TIME	AGE GROUP	EVENT
12.05	Under 17 Men	400M
13.00	Under 17 Men	Shot Putt
13.11	Under 17 Men	100M
13.30	Under 17 Men	Long Jump
13.50	Under 17 Men	3000M
15.08	Under 17 Men	800M
15.30	Under 17 Men	Discus
16.15	Under 17 Men	High Jump
16.00	Under 17 Men	4 x 100M

TIME	AGE GROUP	EVENT
11.50	Under 17 Women	300M
12.00	Under 17 Women	Long Jump
13.00	Under 17 Women	Javelin
13.05	Under 17 Women	100M
14.45	Under 17 Women	High Jump
15.00	Under 17 Women	800M
17.20	Under 17 Women	4 x 100M

TIME	AGE GROUP	EVENT
11.30	Senior Men	3000m
12.17	Senior Men	400M
13.23	Senior Men	100M
14.45	Senior Men	Shot Putt
15.30	Senior Men	Triple Jump
15.32	Senior Men	800M
16.10	Senior Men	4 x 100M

TIME	AGE GROUP	EVENT
12.11	Senior Women	400M
12.45	Senior Women	High Jump
13.17	Senior Women	100M
14.30	Senior Women	Long Jump
15.16	Senior Women	800M
15.45	Senior Women	Shot Putt
15.50	Senior Women	4 x 100M

TIME	AGE GROUP	EVENT
13.40	Masters Men	100M
15.40	Masters Men	800M

TIME	AGE GROUP	EVENT
13.34	Masters Women	100M
15.24	Masters Women	800M