

### Straight Track

Event No	Time	Event	Age		Heats	Entries	Max no of entries
T01	10.00	60m Hurdles	SM		2		24
T02	10.10	60m Hurdles	U20M		2		24
T03	10.20	60m Hurdles	U18M		2		24
T04	10.30	60m Hurdles	SW/U20		2		24
T05	10.40	60m Hurdles	U16 Boys		2		24
T06	10.50	60m Hurdles	U18 W		2		24
T07	11.00	60m Hurdles	U16 Girls		2		24
T08	11.10	60m	OPEN				120
	13.30	<b>LUNCH</b>					
		<b>Circular Track</b>					
Event No	Time	Event	Age		Heats		Max no of entries
T10	10.45	800m	OPEN				120
T11	11.45	400M	OPEN				60
T12	12.30	300m	U16W				25
	12.45	<b>LUNCH</b>					
T13	13.45	1500m	OPEN				80
T14	14.30	200m	OPEN				120

Event No	Time	Field	Event	Age			Max no of entries
F01	9.30	Long Jump		4.00m min			25
F02	10.00	Shot Putt		5.00m min			25
F03	10.00	High Jump		start height 1.20m			25
F05	10.45	Pole Vault		start height 2m			25
F04	10.45	Long Jump		4.90m min			25
F05	11.15	Shot Putt		8.00m min			25
F06	12.00	Long Jump		6.10m min			25
F07	12.30	Shot Putt		10.00m min			25
F08	13.15	Pole Vault		start height 3.20m			25
F09	13.15	Long Jump		5.50m min			25
F10	13.45	Shot Putt		12.00m min			25
F11	14.00	High Jump		start height 1.30m			25
F12	14.00	High Jump		start height 1.40m			25
F13	14.30	Triple Jump		7/9m board	36		25
F14	15.15	High Jump		start height 1.60m			25
F15	15.15	High Jump		start height 1.80m			25
F16	15.30	Triple Jump		11/13m board	42		25
* Please note that field athletes should chose a minimum distance or height for competition							
Horizontal Jumps & Shot Putt - 2 warm up attempts (more if time permits)							
4 attempts in competition (more if time permits)							