

**TRACK**

**FIELD**

TIME	AGE GROUP	EVENT	Note		TIME	AGE GROUP	EVENT
12.00	Senior Women	3000m	A & B		12.00	Under 13 Boys	Shot Putt
12.00	Masters Women	3000m	A only		12.00	Under 17 Women A	High Jump
12.20	Under 13 Girls	100m	A then B		12.00	Senior Women A	High Jump
12.25	Under 13 Boys	100m	A then B		12.00	Under 13 Girls	Long Jump
12.35	Under 15 Girls	100m	A then B		12.00	Senior Men	Javelin
12.40	Under 15 Boys	100m	A then B		12.40	Under 15 Girls	Shot Putt
12.45	Under 17 Women	100m	A then B		12.40	Under 17 Men	High Jump
12.55	Under 17 Men	100m	A then B		12.40	Under 17 Women	Javelin
13.05	Senior Women	100m	A then B		12.40	Under 13 Girls	Javelin
13.10	Senior Men	100m	A then B		12.40	Senior Women	Triple Jump
13.20	Masters Women	100m	A then B		13.20	Under 15 Boys	Long Jump
13.25	Masters Men	100m	A then B		13.20	Under 13 Girls	Shot Putt
13.35	Under 11 Girls	80m	A then B		13.20	Under 13 Boys	High Jump
13.40	Under 11 Boys	80m	A then B		14.00	Under 15 Girls	Discus
13.50	Under 15 Boys	400m	A then B		14.00	Senior Women	Discus
14.00	Under 17 Men	400m	A then B		14.00	Under 17 Men	Long Jump
14.10	Senior Women	400m	A then B		14.00	Under 15 Boys	High Jump
14.20	Senior Men	400m	A then B		14.00	Under 17 Women	Shot Putt
14.30	Under 17 Women	300m	A then B		15.00	Under 11 Boys	Long Jump
14.40	Under 11 Girls	600m	A & B		15.00	Under 15 Boys	Shot Putt
14.50	Under 11 Boys	600m	A & B		15.00	Senior Men	High Jump
14.55	Under 13 Girls	800m	A & B		15.30	Under 11 Girls	Long Jump
15.05	Under 13 Boys	800m	A & B		16.00	Under 13 Boys	Javelin
15.10	Under 15 Girls	800m	A & B		16.00	Under 17 Men	Javelin
15.20	Under 15 Boys	800m	A & B		16.00	Under 15 Girls	Long Jump
15.25	Under 17 Women	800m	A & B		16.00	Senior Men	Shot Putt
15.35	Under 17 Men	800m	A & B				
15.40	Senior Women	800m	A & B				
15.50	Senior Men	800m	A & B				
15.55	Masters Women	800m	A & B				
16.05	Masters Men	800m	A & B				
16.10	Under 11 Girls	4 x 100m					
16.15	Under 11 Boys	4 x 100m					
16.20	Under 13 Girls	4 x 100m					
16.25	Under 13 Boys	4 x 100m					
16.30	Under 15 Girls	4 x 100m					
16.35	Under 15 Boys	4 x 100m					
16.40	Under 17 Women	4 x 100m					
16.45	Senior Women	4 x 400m					
17.00	U 17/Senior Men*	4 x 400m					

\*U17/Senior Men relay team may consist of totally U 17 Men **or** totally Senior Men **or** mixed U17/Senior Men