

Upper Age Group Premier Timetable

TRACK Timetable

| Time | Event | M/F | Competitors |
|-------------|--------------|-----------|-----------------|
| 11.10 | 400m Hurdles | U20 Men | A followed by B |
| 11.20 | 400m Hurdles | U17 Men | A followed by B |
| 11.30 | 400m Hurdles | U20 Women | A followed by B |
| 11.40 | 300m Hurdles | U17 Women | A followed by B |
| 11.50 | 1500m | U20 Men | A & B String |
| 12.00 | 1500m | U17 Men | A & B String |
| 12.10 | 1500m | U20 Women | A & B String |
| 12.20 | 1500m | U17 Women | A & B String |
| 12.30 | 100m | U20 Men | A followed by B |
| 12.40 | 100m | U17 Men | A followed by B |
| 12.50 | 100m | U20 Women | A followed by B |
| 13.00 | 100m | U17 Women | A followed by B |
| TRACK BREAK | | | |
| 13.20 | 400m | U20 Men | A followed by B |
| 13.30 | 400m | U17 Men | A followed by B |
| 13.40 | 400m | U20 Women | A followed by B |
| 13.50 | 300m | U17 Women | A followed by B |
| 14.00 | 80m Hurdles | U17 Women | A followed by B |
| 14.10 | 3000m | Men | All |
| 14.25 | 100m Hurdles | U20 Women | A followed by B |
| 14.35 | 100m Hurdles | U17 Men | A followed by B |
| 14.45 | 3000m | Women | All |
| 15.00 | 110m Hurdles | U20 Men | A followed by B |
| 15.15 | 200m | U20 Men | A followed by B |
| 15.25 | 200m | U17 Men | A followed by B |
| 15.30 | 200m | U20 Women | A followed by B |
| 15.40 | 200m | U17 Women | A followed by B |
| 15.50 | 800m | U20 Men | A followed by B |
| 16.00 | 800m | U17 Men | A followed by B |
| 16.10 | 800m | U20 Women | A followed by B |
| 16.20 | 800m | U17 Women | A followed by B |
| 16.30 | 1500m s/c | Women | All |

Track Cont.

| Time | Event | M/F |
|-------|------------|-----------|
| 16.40 | 4 x 100m R | U17 Women |
| 16.45 | 4 x 100m R | U17 Men |
| 16.50 | 4 x 100m R | U20 Women |
| 16.55 | 4 x 100m R | U20 Men |
| 17.05 | 2000m s/c | U20 Men |
| 17.15 | 1500m s/c | U17 Men |
| 17.25 | 4 x 300m R | U17 Women |
| 17.35 | 4 x 400m R | U17 Men |
| 17.45 | 4 x 400m R | U20 Women |
| 17.55 | 4 x 400m R | U20 Men |

**In the above steeple chase events
A & B String athletes run together**

FIELD Timetable

| Time | Event | M/F |
|-------|-------------|-------|
| 10.15 | Hammer | Men |
| 11.00 | Long Jump | Men |
| | Pole Vault | Women |
| 11.35 | Hammer | Women |
| 12.00 | High Jump | Men |
| 12.45 | Long Jump | Women |
| 12.55 | Javelin | Men |
| | Shot | Women |
| 14.15 | Javelin | Women |
| 14.30 | Triple Jump | Men |
| | Pole Vault | Men |
| 15.00 | High Jump | Women |
| | Shot | Men |
| 15.35 | Discus | Women |
| 16.15 | Triple Jump | Women |
| 16.55 | Discus | Men |

**With the exception of vertical jumps, all
athletes will have 3 trials with top 3 U20 & 3
U17 a further 3 trials having first achieved the
required standard**

One Race under 20 & under 17 athletes A & B Strings

**Should a stadium have an outside throws area the first long throw event could take place
starting at 11.00 and all other long throws events timetabled accordingly**