

Saturday 20th August Combined and Superteams

All Times Approximate due to Combined Events and Superteams Rest periods

TIME	GROUP	EVENT	HEATS	ATHLETES	END TIME APPROX.	NEXT EVENT
10:00 10:15	U18M/U20M/SM/Masters Men U18W/U20W/SW/Masters Women	100metres Hurdles	2 2	3 0 4 2 5 4 1 1	10:10 10:25	10:30 11:00
10:00 10:30	Super Team Pool B Super Team Pool C Super Team Pool A	Long Jump Shot Putt 200metres	 6	48 48 48	11:30 11:30 11:00	LONG BREAK
10:30 11:00	U18M/U20M/SM/Masters Men U18W/U20W/SW/Masters Women	Long Jump High Jump		9 11	11:00 12:00	11:30 13:00
12:00 12:00	Super Team Pool A Super Team Pool B Super Team Pool C	Long Jump Shot Putt 200metres	 6	48 48 48	13:30 13:30 12:30	LONG BREAK
11:30 13:00 13:30	U18M/U20M/SM/Masters Men U18M/U20M/SM/Masters Men U18W/U20W/SW/Masters Women	Shot Putt High Jump Shot Putt	 after ST	3 0 4 2 9 11	12:00 14:00 14:00	13:00 15:15 15:00
14:00 14:00	Super Team Pool C Super Team Pool A(after Women) Super Team Pool B	Long Jump Shot Putt 200metres	 6	48 48 48	15:30 15:30 14:30	LONG BREAK
15:00 15:15	U18W/U20W/SW/Masters Women U18M/U20M/SM/Masters Men	200metres 400 metres	2 2	3 0 4 2 5 4 1 1	15:10 15:25	
16:00	Super Teams	4X100m Relays	5	36 TEAMS	16:50	

Sunday 21st August Combined and Relays

All Times Approximate due to Combined Events Rest periods

TIME	GROUP	EVENT	HEATS	ATHLETES	END TIME APPROX.	NEXT EVENT
10:00	U18M/U20M/SM/Masters Men	Hurdles	2	3 0 4 2	10:10	11:00
10:00	U16 G + U16 Boy Guest	Long Jump		9+1	10:30	11:10
10:45	U18W/U20W/SW/Masters Women	Long Jump		5 4 1 1	11:25	13:00
11:00	U16 G + u16 Boy Guest	Hurdles	2	9+1	11:20	12:20
11:25	3 x 800m Under 14 Boys	RELAYS	2 Heats	15 Teams		
11:45	3 x 800m Under 14 Girls		2 Heats	16 Teams		
12:05	3 x 800m Under 16 Boys		2 Heats	13 Teams		
12:25	3 x 800m Under 16 Girls		2 Heats	12 Teams		
12:45	3 x 800m - U20/Sen Men		2 Heats	11 Teams		
11:00	U18M/U20M/SM/Masters Men	Discus		3 0 4 2	11:30	12:30
12:20	U16 G + U16 Boy Guest	Shot		9+1	12:50	13:30
12:30	U18M/U20M/SM/Masters Men	Pole Vault		3 0 4 2	13:30	15:15
13:00	U18W/U20W/SW/Masters Women	Javelin		5 4 1 1	13:40	14:40
13:30	U16 G	High Jump		9+1	14:30	15:00
14:00	3 x 800m - Under 18 Men	RELAYS	Final	10 Teams		
14:10	3 x 800m U 18 Women		Final	10 Teams		
14:20	3 x 800m - U20/Sen W		Final	4 Teams		
14:40	Women's 800m COMBINED		2 Heats	5 4 1 1	POSSIBLE 1	LAST EVENT
15:00	u16 Boys 800m COMBINED			1		LAST EVENT
15:00	u16 Girls 800m COMBINED		1 Heat	9		LAST EVENT
15:15	U18M/U20M/SM/Masters Men	Javelin		3 0 4 2	15:45	16:40
15:20	4 x 400m U18 Men	RELAYS	Final	3 Teams		

15:30	4 x 400m U18 W + U20/Sen W	Final	1 + 3 Teams
15:40	4 x 400m U20/Senior Men	Final	5 Teams
15:50	3 x 800m Under 14 Boys	Final	
16:00	3 x 800m Under 14 Girls	Final	
16:10	3 x 800m Under 16 Boys	Final	
16:20	3 x 800m Under 16 Girls	Final	
16:30	3 x 800m - U20/Sen Men	Final	
16:40	<i>Men's 1500m</i>	<i>1 Heat</i>	<i>3 0 4 2</i>
			LAST EVENT