

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 | | |

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|--------------|-----------------------------------|---------------|----------------|
| 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 |