

Track Timetable

Event No	Time	Event	Age Group	Round
1	10.00	100m	U13 Girls	1
2	10.30	100m	U13 Boys	1
3	10.50	100m	U20 Men	1
4	11.10	400m	U20 Women	1
5	11.18	400m	U20 Men	1
6	11.26	100m	U20 Women	1
7	11.38	100m	U13 Girls	Semi Final
8	11.50	100m	U13 Boys	Semi Final
9	12.02	100m	U20 Men	Semi Final
10	12.10	800m	U13 Girls	Timed Final
11	12.35	800m	U13 Boys	Timed Final
12	12.54	100m	U20 Women	Final
13	12.58	100m	U13 Girls	Final
14	13.02	100m	U13 Boys	Final
15	13.06	100m	U20 Men	Final
16	13.15	1500m SC	U20 Women	Final
LUNCH				
17	14.00	200m	U13 Girls	1
18	14.30	200m	U13 Boys	1
19	14.42	1500m	U20 Men	1
20	15.00	70m Hurdles	U13 Girls	1
21	15.15	75m Hurdles	U13 Boys	1
22	15.25	100m Hurdles	U20 Women	1
23	15.35	110m Hurdles	U20 Men	Final
24	15.45	200m	U13 Girls	Semi Final
25	15.57	200m	U13 Boys	Semi Final
26	16.05	400m	U20 Women	Final
27	16.09	400m	U20 Men	Final
28	16.13	1500m	U13 Girls	Timed Final
29	16.23	1500m	U13 Boys	Timed Final
30	16.43	1500m	U20 Women	Final
31	16.50	1500m	U20 Men	Final
32	17.05	70m Hurdles	U13 Girls	Final
33	17.10	75m Hurdles	U13 Boys	Final
34	17.15	100m Hurdles	U20 Women	Final
35	17.20	200m	U13 Girls	Final
36	17.25	200m	U13 Boys	Final

If Heats not required Finals will go at HEAT time

Field Timetable

Event No	Time	Event	Age Group	Round
37	9.50	Hammer	U20 Women	Final
38	9.50	Hammer	U20 Men	Final
39	10.00	High Jump	U13 Girls	Final
40	10.00	Long Jump	U13 Boys	Final
41	11.30	Shot	U13 Boys	Final
42	11.30	Javelin	U13 Girls	Final
43	11.30	Triple Jump	U20 Women	Final
44	12.45	Discus	U13 Boys	Final
45	13.00	Long Jump	U13 Girls	Final
46	13.00	Shot	U20 Women	Final
47	13.00	Shot	U20 Men	Final
48	14.00	High Jump	U20 Men	Final
49	14.00	Shot	U13 Girls	Final
50	14.00	Javelin	U13 Boys	Final
51	15.00	Triple Jump	U20 Men	Final
52	15.30	High Jump	U13 Boys	Final
53	15.30	Discus	U13 Girls	Final
54	16.00	Long Jump	U20 Women	Final
55	16.30	Discus	U20 Women	Final
56	16.30	Discus	U20 Men	Final

Starting Heights - U13G HJ 1m11, U13B HJ 1m11
 Triple Jump Boards - U20W 7m/9m, U20M 9m/11m/13m
 2 Warm Up attempts permitted only