

# TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.15					Long Jump	Long Jump
11.30			1500m	1500m	1500m	1500m
			Javelin	Javelin	Javelin	Javelin
11.45	Standing Long Jump					
12.00		Long Jump	100m	100m	100m	100m
12.15	Shot Put					
12.30		80m				
12.45			High Jump	High Jump		
13.00					400m (M)	400m
13.15		Shot Put	Shot Put	300m	300m (W)	
13.30				Long Jump		
13.45	60m					
14.00		150m			High Jump	High Jump
14.15			200m	200m	200m	200m
14.30			Long Jump	Shot Put		
				Discus	Discus	Discus
14.45	600m	600m				
15.00			800m	800m	800m	800m
					Shot Put	Shot Put
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements throughout the day.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.