

This is a draft timetable for entry purposes only, a final timetable will be published on Friday 5th May 2023

Track Saturday

| Event No | Time | Event | Age Group | Round |
|---|-------|--------------|-----------------|--------------|
| | 10:00 | 100m Hurdles | U17 Men | Final |
| | 10:05 | 80m Hurdles | U15 Boys | Final |
| | 10:10 | 80m Hurdles | U17 Women | Final |
| | 10:15 | 75m Hurdles | U15 Girls | 1 |
| | 10:25 | 75m Hurdles | U13 Boys | Final |
| | 10:30 | 70m Hurdles | U13 Girls | 1 |
| | 10:40 | 800m | U15 Girls | 1 |
| | 10:48 | 800m | U15 Boys | 1 |
| | 10:56 | 800m | U17 Women | 1 |
| | 11:04 | 800m | U17 Men | 1 |
| | 11:12 | 800m | Sen / U20 Women | Open |
| | 11:20 | 800m | Sen / U20 Men | Open |
| | 11:40 | 70m Hurdles | U13 Girls | Final |
| | 11:45 | 75m Hurdles | U15 Girls | Final |
| | 11:55 | 100m | U13 Boys | 1 |
| | 12:03 | 100m | U13 Girls | 1 |
| | 12:23 | 100m | U15 Boys | 1 |
| | 12:35 | 100m | U15 Girls | 1 |
| | 12:55 | 100m | U17 Women | 1 |
| | 13:07 | 100m | U17 Men | 1 |
| LUNCH | | | | |
| | 13:50 | 400m | U17 Men | 1 |
| | 13:54 | 300m | U15 Boys | 1 |
| | 13:58 | 300m | U17 Women | 1 |
| | 14:06 | 300m | U15 Girls | 1 |
| | 14:16 | 100m | U13 Girls | Semi Final |
| | 14:28 | 100m | U15 Girls | Semi Final |
| | 14:40 | 100m | U13 Boys | Final |
| | 14:44 | 100m | U15 Boys | Final |
| | 14:48 | 100m | U17 Women | Final |
| | 14:52 | 100m | U17 Men | Final |
| | 15:00 | 800m | U13 Girls | Timed Finals |
| | 15:15 | 800m | U13 Boys | Timed Finals |
| | 15:30 | 800m | U15 Girls | Final |
| | 15:35 | 800m | U15 Boys | Final |
| | 15:40 | 800m | U17 Women | Final |
| | 15:44 | 800m | U17 Men | Final |
| | 15:48 | 400m | U17 Men | Final |
| | 15:52 | 300m | U15 Boys | Final |
| | 15:56 | 300m | U17 Women | Final |
| | 16:00 | 300m | U15 Girls | Final |
| | 16:06 | 100m | U13 Girls | Final |
| | 16:10 | 100m | U15 Girls | Final |
| If heats are not required FINALS will go at HEAT time. | | | | |

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Field Saturday

| Event No | Time | Event | Age Group | Info |
|----------|-------|-----------|-----------------------|---------|
| | 10:00 | Javelin | Sen/U20 Women | Open |
| | | | Sen/U20 Men | Open |
| | 10:00 | Long Jump | U13 Girls | |
| | 10:00 | Shot Put | U17 Men / U15 Boys | |
| | 11:00 | Shot Put | Sen/U20 Men | Open |
| | 11:00 | High Jump | U17 Women | SH 1m22 |
| | 11:45 | Shot Put | Sen / U20 / U17 Women | Open |
| | 13:00 | Long Jump | U13 Boys | |
| | 13:15 | Shot Put | U13 Girls | |
| | 13:30 | Discus | U17 Men / Women | |
| | 14:30 | Long Jump | U17 Women | |
| | 14:30 | High Jump | U17 Men | SH 1m38 |
| | 14:30 | Shot Put | U15 Girls | |
| | 15:30 | Discus | Sen / U20 Men | Open |
| | | | Sen / U20 Women | Open |
| | 15:30 | Shot Put | U13 Boys | |
| | 15:30 | Long Jump | U15 Girls | |

District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts

Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts

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|--|-------------|--------------|-------------------------------|--------------|
| Track Sunday | | | | |
| Event No. | Time | Event | Age Group | Round |
| | 10:00 | 1500m SC | U17 Men East / North / West | Final |
| | 10:08 | 1500m SC | U17 Women East / North / West | Final |
| | 10:20 | 400m Hurdles | U17 Men | Final |
| | 10:25 | 300m Hurdles | U17 Women | Final |
| | 10:35 | 1500m | U15 Girls | 1 |
| | 10:51 | 1500m | U15 Boys | 1 |
| | 11:07 | 200m | U13 Girls | 1 |
| | 11:16 | 200m | U15 Girls | 1 |
| | 11:31 | 200m | U13 Boys | 1 |
| | 11:35 | 200m | U15 Boys | 1 |
| | 11:43 | 200m | U17 Women | 1 |
| | 11:51 | 200m | U17 Men | 1 |
| | 12:05 | 3000m SC | Sen / U20 Women | Open |
| Lunch | | | | |
| | 13:00 | 3000m SC | Sen / U20 Men | Open |
| | 13:15 | 1500m | U15 Girls | Final |
| | 13:25 | 1500m | U15 Boys | Final |
| | 13:35 | 200m | U13 Girls | Final |
| | 13:40 | 200m | U13 Boys | Final |
| | 13:45 | 200m | U15 Girls | Final |
| | 13:50 | 200m | U15 Boys | Final |
| | 13:55 | 200m | U17 Women | Final |
| | 14:00 | 200m | U17 Men | Final |
| | 14:05 | 1500m | U13 Girls | Timed Finals |
| | 14:20 | 1500m | U13 Boys | Timed Finals |
| | 14:35 | 1500m | U17 Men | Final |
| | 14:42 | 1500m | U17 Women | Final |
| | 14:50 | 1500m | Sen / U20 Women | Open |
| | 15:05 | 1500m | Sen / U20 Men | Open |
| If heats are not required FINALS will go at HEAT time. | | | | |

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|---|-------|--------------|-----------------------|-------------|
| Field Sunday | | | | |
| | | Event | Age Group | Info |
| | 10:00 | Hammer | U15 Girls / Boys | |
| | | | U17 Men / U17 Women | |
| | 10:00 | Javelin | U13 Boys / Girls | |
| | 10:00 | Long Jump | U17 Men | |
| | 11:15 | High Jump | U15 Girls / Boys | SH 1m16 |
| | 11:15 | Hammer | Sen / U20 Men | Open |
| | | | Sen / U20 Women | |
| | 11:15 | Long Jump | U15 Boys | |
| | 12:30 | Javelin | U17 Men / U15 Boys | |
| | 12:30 | Triple Jump | Ages U15-U17 | 7m/9m |
| | 13:30 | Javelin | U17 Women / U15 Girls | |
| | 13:30 | High Jump | U13 Boys / Girls | SH 1m01 |
| | 14:30 | Discus | U13 Boys / Girls | |
| | | | U15 Boys / Girls | |
| | 14:30 | Triple Jump | Ages U15-U17 | 11m/13m |
| <p>District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts</p> <p>Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts</p> | | | | |