

Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event				
Track				
Event No	Time	Event	Age Group	Round
1	10:30	100m	U15 Girls	1
2	10:58	100m	U15 Boys	1
3	11:14	1500m	U15 Boys	1
4	11:30	1500m	U15 Girls	1
5	11:46	300m	U15 Girls	1
6	12:00	100m	U15 Girls	Semi Final
7	12:12	100m	U15 Boys	Semi Final
8	12:20	800m	U15 Girls	1
9	12:35	800m	U15 Boys	1
10	12:50	800m	U20 Women	1
11	12:58	800m	U20 Men	1
12	13:14	100m	U15 Girls	Final
13	13:18	100m	U15 Boys	Final
LUNCH				
14	13:50	400m Hurdles	U20 Men	Final
15	14:02	400m Hurdles	U20 Women	Final
16	14:10	300m	U15 Girls	Final
17	14:14	300m	U15 Boys	Final
18	14:18	200m	U15 Girls	1
19	14:42	200m	U20 Men	1
20	14:58	200m	U20 Women	1
21	15:10	200m	U15 Boys	1
22	15:25	1500m	U15 Boys	Final
23	15:33	1500m	U15 Girls	Final
24	15:45	80m Hurdles	U15 Boys	1
25	15:52	75m Hurdles	U15 Girls	1
26	16:05	200m	U15 Girls	Semi Final
27	16:17	200m	U20 Men	Semi Final
28	16:25	200m	U15 Boys	Final
29	16:29	200m	U20 Women	Final
30	16:33	800m	U15 Girls	Final
31	16:38	800m	U15 Boys	Final
32	16:42	800m	U20 Women	Final
33	16:46	800m	U20 Men	Final
34	16:56	80m Hurdles	U15 Boys	Final
35	17:03	75m Hurdles	U15 Girls	Final
36	17:10	200m	U15 Girls	Final
37	17:15	200m	U20 Men	Final
If Heats are not required Finals will go at HEAT time				

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Field				
Event No.	Time	Event	Age Group	Info
38	10:00	Hammer	U15 Girls	
39	10:00	Long Jump	U15 Girls	
40	10:00	High Jump	U15 Girls	SH 1m19
41	11:00	Javelin	U15 Boys	
42	11:30	Long Jump	U20 Men	
43	11:30	Pole Vault	U20 Men	SH 2m77
			U20 Women	SH 2m31
			U15 Girls	SH 1m91
			U15 Boys	
44	12:00	High Jump	U15 Boys	SH 1m24
45	12:00	Javelin	U15 Girls	
46	13:00	Long Jump	U15 Boys	
47	13:15	Javelin	U20 Women	
			U20 Men	
48	13:15	High Jump	U20 Women	SH 1m42
			U20 Men	SH 1m68
49	13:15	Shot Put	U15 Girls	
50	14:15	Hammer	U15 Boys	
51	14:30	Triple Jump	U15 Boys	7m/9m
52	15:00	Shot Put	U15 Boys	
53	15:00	Discus	U15 Girls	
54	16:00	Triple Jump	U15 Girls	7m/9m
55	16:15	Discus	U15 Boys	
Minimum 2 Warm Up Attempts				
U20M PV - 2m77/2m97/3m17/3m32/3m47/3m62 then 10cms				
U20W PV - 2m31/2m51/2m66/2m81/2m91 then 10cms				
U15G PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				
U15B PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				

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Track				
Event No	Time	Event	Age Group	Round
56	10:00	100m	U13 Girls	1
57	10:24	100m	U20 Women	1
58	10:36	100m	U20 Men	1
59	10:50	400m	U20 Women	1
60	11:00	400m	U20 Men	1
61	11:12	100m	U13 Boys	1
62	11:20	100m	U13 Girls	Semi Final
63	11:34	800m	U13 Girls	Timed Final
64	12:00	800m	U13 Boys	Timed Final
65	12:10	100m	U20 Women	Final
66	12:14	100m	U20 Men	Final
67	12:18	100m	U13 Boys	Final
68	12:22	100m	U13 Girls	Final
69	12:30	2000m SC	U20 Men	Final
LUNCH				
70	13:15	1500m SC	U20 Women	Final
71	13:30	200m	U13 Girls	1
72	13:50	200m	U13 Boys	1
73	14:00	1500m	U20 Men	1
74	14:16	1500m	U20 Women	1
75	14:40	110m Hurdles	U20 Men	Final
76	14:47	100m Hurdles	U20 Women	Final
77	14:55	75m Hurdles	U13 Boys	1
78	15:05	70m Hurdles	U13 Girls	1
79	15:20	200m	U13 Girls	Semi Final
80	15:32	200m	U13 Boys	Final
81	15:37	400m	U20 Women	Final
82	15:42	400m	U20 Men	Final
83	15:50	1500m	U13 Girls	Timed Final
84	16:00	1500m	U13 Boys	Timed Final
85	16:10	1500m	U20 Women	Final
86	16:18	1500m	U20 Men	Final
87	16:35	75m Hurdles	U13 Boys	Final
88	16:42	70m Hurdles	U13 Girls	Final
89	16:50	200m	U13 Girls	Final
If Heats not required Finals will go at HEAT time				

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Field				
Event No	Time	Event	Age Group	Round
90	10:00	Hammer	U20 Women	
			U20 Men	
91	10:00	High Jump	U13 Girls	SH 1m12
92	10:00	Long Jump	U13 Boys	
93	11:15	Shot Put	U13 Boys	
94	11:15	Javelin	U13 Girls	
95	11:15	Triple Jump	U20 Women	9m/11m
96	12:45	Javelin	U13 Boys	
97	12:45	Long Jump	U13 Girls	
98	12:45	Shot Put	U20 Women	
			U20 Men	
99	13:45	Shot Put	U13 Girls	
100	13:45	Triple Jump	U20 Men	9m/11m/13m
101	14:45	Discus	U13 Girls	
			U13 Boys	
102	15:00	High Jump	U13 Boys	SH 1m12
103	15:45	Long Jump	U20 Women	
104	15:45	Discus	U20 Women	
			U20 Men	
Minimum 2 Warm Up Attempts				