

<b>Athletes must declare their intention to compete 60mins before the start time of their event.</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
1	10:00	110m Hurdles	Sen/U20/U18 Men Open	1
2	10:05	100m Hurdles	U17 Men	1
3	10:10	100m Hurdles	Se/U20/U18 Women Open	1
4	10:20	80m Hurdles	U15 Boys	Final
5	10:25	80m Hurdles	U17 Women	Final
6	10:30	75m Hurdles	U15 Girls	1
7	10:40	75m Hurdles	U13 Boys	Final
8	10:45	70m Hurdles	U13 Girls	Final
9	10:55	800m	U15 Girls	Timed Finals
10	11:07	800m	U15 Boys	Timed Finals
11	11:11	800m	U17 Women	1
12	11:19	800m	U17 Men	1
13	11:40	110m Hurdles	Sen/U20/U18 Men Open	2
14	11:45	100m Hurdles	Sen/U20/U18 Women Open	2
15	11:50	75m Hurdles	U15 Girls	Final
16	12:00	100m	U17 Women	1
17	12:12	100m	U17 Men	1
18	12:20	100m	U15 Boys	1
19	12:28	100m	U15 Girls	1
20	12:40	100m	U13 Girls	1
21	13:00	100m	U13 Boys	Final
<b>LUNCH</b>				
22	13:45	100m	Frame Running/Wheelchair	1
23	13:50	100m	Sen/U20/U18 Women Open	1
24	14:06	100m	Sen/U20/U18 Men Open	1
25	14:22	100m	U13 Girls	Semi Final
26	14:30	800m	U17 Women	Final
27	14:34	800m	U17 Men	Final
28	14:38	400m	Frame Running/Wheelchair	1
29	14:45	400m	Sen/U20/U18 Women Open	1
30	14:57	400m	Sen/U20/U18 Men Open	1
			U17 Men	
31	15:15	300m	U17 Women	1
32	15:23	300m	U15 Girls	1
33	15:31	300m	U15 Boys	Final
34	15:38	100m	Frame Running/Wheelchair	2
35	15:43	100m	Sen/U20/U18 Women Open	2
36	15:51	100m	Sen/U20/U18 Men Open	2
37	15:59	100m	U17 Women	Final
38	16:03	100m	U17 Men	Final
39	16:07	100m	U15 Boys	Final
40	16:11	100m	U15 Girls	Final
41	16:15	100m	U13 Girls	Final
42	16:28	800m	U13 Girls	Timed Finals
43	16:50	800m	U13 Boys	Timed Finals
44	16:55	400m	Frame Running/Wheelchair	2
45	16:59	400m	Sen/U20/U18 Men Open	2
46	17:09	400m	Sen/U20/U18 Women Open	2
47	17:14	300m	U17 Women	Final
48	17:19	300m	U15 Girls	Final

**If heats are not required FINALS will go at HEAT time.  
 Outdoor Open Sprint Events - the top 16 athletes by time will qualify for a second run.**



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49	10:00	Discus	U17 Men / U17 Women	
50	10:00	Long Jump	U13 Girls	
51	10:00	Shot Put	U15 Girls / U13 Girls	
52	11:15	Long Jump	Sen / U20 / U18 Women Open	
53	11:30	Pole Vault	Sen / U20 / U18 / U17 Women U15 Boys / U15 Girls	SH 2m21 SH 2m06
54	12:30	Long Jump	U13 Boys	
55	13:00	High Jump	Sen / U20 / U18 Men Open U17 Men	SH 1m57 SH 1m37
56	13:00	Long Jump	U17 Women	
57	14:00	Pole Vault	Sen / U20 / U18 / U17 Men	SH 3m10 SM SH 2m65 U20 SH 2m35 U17
58	14:15	Long Jump	U15 Girls	
59	14:30	Shot Put	U17 Men / U17 Women	
60	14:30	High Jump	Sen / U20 / U18 Women Open U17 Women	SH 1m37 SH 1m27
61	15:30	Javelin	U17 Men / U17 Women	
62	15:30	Shot Put	U13 Boys / U15 Boys	
63	16:00	Long Jump	Sen / U20 / U18 Men Open	
<p><b>District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts</b></p> <p><b>Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts</b></p>				

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<b>Track</b>				
<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
64	10:00	400m Hurdles	Sen / U20 / U18 Men Open	1
			U17 Men	1
65	10:05	400m Hurdles	Sen / U20 / U18 Women Open	1
66	10:15	300m Hurdles	U17 Women	Final
67	10:25	1500m	U17 Women	Final
68	10:33	1500m	U17 Men	Final
69	10:41	200m	U13 Boys	1
70	10:49	200m	U13 Girls / Frame Runner	1
71	11:00	200m	U15 Boys	1
72	11:08	200m	U15 Girls	1
73	11:20	200m	U17 Men	Final
74	11:24	200m	U17 Women	1
75	11:40	200m	Sen / U20 / U18 Women Open	1
76	11:52	200m	Sen / U20 / U18 Men Open	1
<b>Lunch</b>				
77	13:15	400m Hurdles	Sen / U20 / U18 Men Open	2
			Sen / U20 / U18 Women Open	2
78	13:30	1500m	U13 Girls	Timed Finals
79	13:40	1500m	U13 Boys	Timed Finals
80	13:50	1500m	U15 Girls	Timed Finals
81	14:00	1500m	U15 Boys	Timed Finals
82	14:15	200m	Frame Runner	2
83	14:19	200m	U13 Girls	Final
84	14:24	200m	U13 Boys	Final
85	14:29	200m	U15 Girls	Final
86	14:34	200m	U15 Boys	Final
87	14:39	200m	U17 Women	Final
88	14:44	200m	Sen / U20 / U18 Women Open	2
89	14:54	200m	Sen / U20 / U18 Men Open	2
<b>If heats are not required FINALS will go at HEAT time.</b> <b>Outdoor Open Sprint Events - the top 16 athletes by time will qualify for a second run.</b>				
<b>Field</b>				
<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	
90	10:00	Hammer	U17 Men / U17 Women U15 Boys / U15 Girls	
91	10:00	Long Jump	U15 Boys / U17 Men	
92	11:30	High Jump	U15 Girls / U15 Boys	SH 1m17
93	11:30	Javelin	U13 Boys / U13 Girls	
94	13:00	Triple Jump	U15 Boys / U15 Girls	7m/9m
			U17 Men / U17 Women	
95	13:00	Javelin	U15 Boys / U15 Girls	
96	13:30	High Jump	U13 Boys / U13 Girls	SH 1m07
97	14:15	Discus	U13 Boys / U13 Girls	
			U15 Boys / U15 Girls	
98	14:15	Triple Jump	Sen / U20 / U18 Men & Women	9m/11m/13m
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<b>Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts</b>				