

Timetable Match 4**TRACK**

11:00am	300m Hurdles	U17 Women
11:10am	400m Hurdles	U20/Senior Women
11:20am	400m Hurdles	U17 Men
11:20am	400 Hurdles	U20 / Senior Men
11:30am	200m	Senior/U20/U17 Men
12:00pm	200m	Senior/U20/U17 W
12:20pm	800m	All Women
12:40pm	800m	All Men
13:10pm	1500m SC	U17 Men
		LUNCH
13:50pm	2000m SC	U20/SM
14:05pm	300m	U17 Women
14:20pm	400m	U17 Men
14:35pm	400m	U20/Senior Women
14:50pm	400m	U20/Senior Men
15:15pm	1500m	Senior/U20/U17 Men
15:30pm	1500m	Senior/U20/U17 Women
15:45pm	100m	Senior/U20/U17 Men
16:15pm	100m	Senior/U20/U17 Women

FIELD

11:00am	Triple Jump	Men
	Discus	All Women
	Shot	U17 Men
	High Jump	All Men
12:30pm	Discus	All Men
	Triple Jump	All Women
	Shot	U17 Women
14:00pm	Long Jump	All Men
	Shot	U20/Sen Men
	Hammer	All Women
	High Jump	All Women
14:15pm	Pole Vault	All Men & Women
15:00pm	Shot	U20/Sen Women
15:00pm	Long Jump	All Women
15:15pm	Hammer	All Men