

# TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.15					Long Jump	Long Jump
11.30	Standing Long Jump		1500m	1500m	1500m	1500m
			Javelin	Javelin		
11.45			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
12.00		Long Jump (G)	100m	100m	100m	100m
12.15	Shot Put				Javelin	Javelin
12.30		80m				
12.35		Long Jump (B)				
13.00					400m (M)	400m
13.15				300m	300m (W)	
13.30		Shot Put	High Jump	High Jump		
13.45	60m			Long Jump		
14.00		150m	Shot Put		High Jump	High Jump
14.15			200m	200m	200m	200m
14.30			Long Jump	Shot Put		
14.45		600m			Shot Put	Shot Put
14.50	1 Lap					
15.15			800m	800m	800m	800m
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.