

| This is a DRAFT timetable for entry purposes only, a FINAL timetable will be published on Friday 10th January 2025 | | | | | |
|---|-------------|--------------|-----------------|-------------------|----------|
| Straight Track | | | | | |
| Event No | Time | Event | Age/Open | Band/Heats | |
| | 10:00 | 60m Hurdles | SM/U20M | A | 2 |
| | 10:10 | 60m Hurdles | U17M | A | 2 |
| | 10:20 | 60m Hurdles | SW/U20W | A | 2 |
| | 10:30 | 60m Hurdles | U15B | A | 2 |
| | 10:40 | 60m Hurdles | U17W | A | 2 |
| | 10:50 | 60m Hurdles | U15G/U13B | A | 3 |
| | 11:05 | 60m Hurdles | U13G | A | 3 |
| | 11:20 | 60m | OPEN | A | 1 to 3 |
| | 11:32 | 60m | | B | 4 to 6 |
| | 11:44 | 60m | | C | 7 to 9 |
| | 11:56 | 60m | | D | 10 to 12 |
| | 12:08 | 60m | | E | 13 to 15 |
| | 12:20 | 60m | | F | 16 to 18 |
| | 12:32 | 60m | | G | 19 to 21 |
| | 12:44 | 60m | | H | 22 to 24 |
| | 12:52 | 60m | | I | 25 to 27 |
| | 13:04 | 60m | | J | 28 to 31 |
| Straight Track will take precedence over Circular Track | | | | | |
| Circular Track | | | | | |
| Event No | Time | Event | Age/Open | Band/Heats | |
| | 10:00 | 800m | OPEN | A | 1 to 3 |
| | 10:15 | 800m | | B | 4 to 6 |
| | 10:30 | 800m | | C | 7 to 9 |
| | 10:45 | 800m | | D | 10 to 12 |
| | 11:00 | 800m | | E | 13 to 15 |
| | 11:15 | 800m | | F | 16 to 18 |
| | 11:30 | 400m | OPEN | A | 1 to 3 |
| | 11:44 | 400m | | B | 4 to 6 |
| | 11:58 | 400m | | C | 7 to 9 |
| | 12:12 | 400m | | D | 10 to 12 |
| | 12:26 | 400m | | E | 13 to 15 |
| | 12:40 | 300m | U17W,U15G/B | A | 1 to 3 |
| | 12:54 | 300m | U17W,U15G/B | B | 4 to 6 |
| | 13:14 | 300m | U17W,U15G/B | C | 7 to 9 |
| | 13:28 | 1500m | OPEN | A | 1 to 3 |
| | 13:49 | 1500m | | B | 4 to 6 |
| | 14:00 | 1500m | | C | 7 to 9 |
| | 14:21 | 1500m | | D | 10 to 11 |
| | 14:45 | 200m | OPEN | A | 1 to 4 |
| | 15:01 | 200m | | B | 5 to 8 |
| | 15:17 | 200m | | C | 9 to 12 |
| | 15:33 | 200m | | D | 13 to 16 |
| | 15:49 | 200m | | E | 17 to 20 |
| | 16:03 | 200m | | F | 21 to 24 |
| | 16:19 | 200m | | G | 25 to 28 |
| | 16:45 | 200m | | H | 29 to 32 |
| | 17:01 | 200m | | I | 33 to 36 |
| | 17:17 | 200m | | J | 37 to 40 |

All heat lists will be displayed ONLINE. Please check for report time.

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|---|-------------|--------------|-------------|-------------|-------------|
| Field | | | | | |
| Event No | Time | Event | Pool | Area | Info |
| | 10:00 | Long Jump | Pool 4 | In | |
| | 10:00 | Triple Jump | Pool 2 | Out | 7m/11m |
| | 10:00 | Shot Put | Pool 2 | | |
| | 11:00 | Pole Vault | Pool 2 | | St Ht 2m04 |
| | 11:30 | Triple Jump | Pool 1 | In | 9m/13m |
| | 11:30 | Shot Put | Pool 1 | | |
| | 11:30 | Long Jump | Pool 2 | Out | 2m Board |
| | 13:05 | Shot Put | Pool 3 | | |
| | 14:00 | High Jump | Pool 1 | 60F | St Ht 1m51 |
| | 14:00 | High Jump | Pool 4 | 60St | St Ht 1m06 |
| | 14:00 | Pole Vault | Pool 1 | | St Ht 3m02 |
| | 14:30 | Long Jump | Pool 3 | In | |
| | 14:35 | Shot Put | Pool 4 | | |
| | 16:00 | Long Jump | Pool 1 | In | |
| | 16:00 | Long Jump | Pool 5 | Out | 2m Board |
| | 16:00 | High Jump | Pool 3 | 60St | St Ht 1m21 |
| | 16:00 | High Jump | Pool 2 | 60F | St Ht 1m36 |

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - 2 warm up attempts

Horizontal Jumps & Shot Put - 3 attempts in competition only*

*Long Jump Pool 3 and 1 the top 6 athletes will receive an additional 3 trials

High Jump - 2 heights in warm up - 8 attempts in competition

PV Pool 1 3m02 - 3m22 - 3m37 - 3m52 - 3m67 - 3m82 then 10cms

PV Pool 2 2m04 - 2m24 - 2m44 - 2m59 - 2m74 - 2m89 then 10cms