

Athlete must declare their intention to compete at least 60mins before the scheduled start time of their band/pool					
Straight Track					
Event No	Time	Event	Age/Open	Band/Heats	
1	10:00	60m Hurdles	SM/U20M	A	1
2	10:05	60m Hurdles	U17M	A	1
3	10:10	60m Hurdles	SW/U20W	A	4
4	10:30	60m Hurdles	U15B	A	1
5	10:35	60m Hurdles	U17W	A	2
6	10:45	60m Hurdles	U15G/U13B	A	4
7	11:05	60m Hurdles	U13G	A	2
8	11:20	60m	OPEN	A	1 to 3
9	11:32	60m		B	4 to 6
10	11:44	60m		C	7 to 9
11	11:56	60m		D	10 to 12
12	12:08	60m		E	13 to 15
13	12:20	60m		F	16 to 18
14	12:32	60m		G	19 to 21
15	12:44	60m		H	22 to 24
16	12:52	60m		I	25 to 27
17	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	
18	10:00	800m	OPEN	A	1 to 3
19	10:15	800m		B	4 to 6
20	10:30	800m		C	7 to 9
21	10:45	800m		D	10 to 12
22	11:00	800m		E	13 to 15
23	11:15	800m		F	16 to 18
24	11:30	400m	OPEN	A	1 to 3
25	11:45	400m		B	4 to 6
26	12:00	400m		C	7 to 9
27	12:15	400m		D	10 to 12
28	12:30	400m		E	13 to 15
29	12:45	300m	U17W,U15G/B	A	1 to 3
30	13:00	300m	U17W,U15G/B	B	4 to 6
31	13:15	300m	U17W,U15G/B	C	7 to 9
32	13:30	1500m	OPEN	A	1 to 3
33	13:51	1500m		B	4 to 6
34	14:12	1500m		C	7 to 8
35	14:26	200m	OPEN	A	1 to 4
36	14:42	200m		B	5 to 8
37	14:58	200m		C	9 to 12
38	15:14	200m		D	13 to 16
39	15:30	200m		E	17 to 20
40	15:46	200m		F	21 to 24
41	16:02	200m		G	25 to 28
42	16:18	200m		H	29 to 32
43	16:34	200m		I	33 to 36
44	16:50	200m		J	37 to 40
45	17:06	200m		K	41 to 44
46	17:24	200m		L	45 to 48
All heat lists will be displayed ONLINE. Please check for report time.					



Athlete must declare their intention to compete at least 60mins before the scheduled start time of their band/pool					
Field					
Event No	Time	Event	Pool	Area	Info
47	10:00	Long Jump	Pool 4	In	
48	10:00	Triple Jump	Pool 2	Out	9m
49	10:00	Shot Put	Pool 2		
50	11:00	Pole Vault	Pool 2		St Ht 2m02
51	11:30	Triple Jump	Pool 1	In	7m/11m
52	11:30	Shot Put	Pool 1		
53	11:30	Long Jump	Pool 6	Out	2m Board
54	13:00	Long Jump	Pool 2	in	
55	13:00	Shot Put	Pool 3		
56	14:00	High Jump	Pool 1	60F	St Ht 1m51
57	14:00	High Jump	Pool 4	60St	St Ht 1m06
58	14:30	Pole Vault	Pool 1		St Ht 3m02
59	14:30	Long Jump	Pool 3	In	
60	14:30	Shot Put	Pool 4		
61	16:00	Long Jump	Pool 1	In	
62	16:00	Long Jump	Pool 5	Out	2m Board
63	16:00	High Jump	Pool 3	60St	St Ht 1m21
64	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

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

PV Pool 2 2m02 - 2m22 - 2m37 - 2m52 - 2m67 - 2m82 then 10cms

