

Athletes must declare their intention to compete at least 60mins before the start time of their event.				
Track				
Event No	Time	Event	Age Group	Round
1	10:00	100m Hurdles	U17 Men	Final
2	10:05	80m Hurdles	U15 Boys	Final
3	10:10	80m Hurdles	U17 Women	Final
4	10:15	75m Hurdles	U15 Girls	1
5	10:25	75m Hurdles	U13 Boys	Final
6	10:30	70m Hurdles	U13 Girls	1
7	10:50	800m	U15 Girls	Timed Finals
8	11:05	800m	U15 Boys	Timed Finals
9	11:15	800m	U17 Women	1
10	11:20	800m	U17 Men	1
11	11:35	70m Hurdles	U13 Girls	Final
12	11:40	75m Hurdles	U15 Girls	Final
13	11:50	100m	U17 Women	1
14	12:06	100m	U15 Girls	1
15	12:26	100m	U13 Girls	1
16	12:46	100m	U17 Men	1
17	12:54	100m	U15 Boys	1
18	13:06	100m	U13 Boys	1
LUNCH				
19	14:10	100m	U15 Girls	Semi Final
20	14:18	100m	U13 Girls	Semi Final
21	14:30	800m	U17 Women	Final
22	14:34	800m	U17 Men	Final
23	14:38	400m	U17 Men	Final
24	14:42	300m	U17 Women	1
25	14:54	300m	U15 Girls	1
26	15:02	300m	U15 Boys	1
27	15:10	100m	U17 Women	Final
28	15:14	100m	U17 Men	Final
29	15:18	100m	U15 Boys	Final
30	15:22	100m	U15 Girls	Final
31	15:26	100m	U13 Boys	Final
32	15:30	100m	U13 Girls	Final
33	15:35	800m	U13 Girls	Timed Finals
34	15:47	800m	U13 Boys	Timed Finals
35	15:55	300m	U17 Women	Final
36	16:00	300m	U15 Girls	Final
37	16:05	300m	U15 Boys	Final
If heats are not required FINALS will go at HEAT time.				

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Field				
Event No	Time	Event	Age Group	Info
38	10:00	Discus	U17 Men / U17 Women	
39	10:00	Long Jump	U13 Girls	
40	11:30	Shot Put	U15 Girls / U13 Girls	
41	11:30	Long Jump	U13 Boys	
42	13:00	High Jump	U17 Men / U17 Women	
43	13:00	Long Jump	U17 Women	
44	14:00	Long Jump	U15 Girls	
45	14:00	Shot Put	U17 Men / U17 Women	
46	15:15	Javelin	U17 Men / U17 Women	
47	15:15	Shot Put	U13 Boys / U15 Boys	
Minimum 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts				

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Track				
Event No.	Time	Event	Age Group	Round
48	10:30	300m Hurdles	U17 Women	Final
49	10:40	1500m	U17 Women	Final
50	10:50	1500m	U17 Men	Final
51	11:00	200m	U15 Girls	1
52	11:20	200m	U13 Girls	1
53	11:32	200m	U17 Women	1
54	11:44	200m	U17 Men	1
55	11:52	200m	U15 Boys	1
56	12:00	200m	U13 Boys	Final
Lunch				
57	13:00	200m	U15 Girls	Semi final
58	13:10	1500m	U13 Girls	Timed Finals
59	13:18	1500m	U13 Boys	Timed Finals
60	13:26	1500m	U15 Girls	Timed Finals
61	13:34	1500m	U15 Boys	Timed Finals
62	13:50	200m	U13 Girls	Final
63	13:55	200m	U15 Boys	Final
64	14:00	200m	U17 Women	Final
65	14:05	200m	U17 Men	Final
66	14:10	200m	U15 Girls	Final
If heats are not required FINALS will go at HEAT time.				
Field				
Event No.	Time	Event	Age Group	Info
67	10:00	Hammer	U17 Men / U17 Women	
67			U15 Boys	
68	10:00	Long Jump	U15 Boys / U17 Men	
69	11:15	High Jump	U15 Girls / U15 Boys	SH 1m06
70	11:15	Javelin	U13 Boys / U13 Girls	
71	12:45	Triple Jump	U15 Boys / U15 Girls	7m/9m/11m
71			U17 Women	
72	12:45	Javelin	U15 Boys / U15 Girls	
73	13:30	High Jump	U13 Boys / U13 Girls	SH 1m06
74	13:30	Discus	U13 Boys	
74			U15 Boys / U15 Girls	
Minimum 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts				