

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		80m				
12.00			100m	100m	100m	100m
12.15		Long Jump			Javelin	Javelin
12.30	Shot Put					
13.00					400m (M)	400m
13.10				300m	300m (W)	
13.30		Shot Put				
13.45	60m			Long Jump		
14.00		150m	Shot Put			
14.15			200m	200m	200m	200m
14.30			Long Jump	Shot Put		
14.45		600m		High Jump	High Jump	High Jump
14.50	1 Lap					
14.55					Shot Put	Shot Put
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.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.



**LIVE
RESULTS**