

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 |
|----------|-------|----------------|------------------|-------|
| 01 | 10:00 | 60m | Sen / U20 Men CE | |
| 02 | 10:12 | 60m | U18 Men CE | |
| 03 | 10:20 | 60m | Mas Men CE | |
| 04 | 11:00 | 60m Hurdles | U16 Boys CE | |
| 05 | 11:10 | 60m Hurdles | U14 Boys CE | |
| 06 | 11:35 | 60m Hurdles | U14 Girls CE | |
| 07/h | 12:00 | 4 x 200m Relay | U18 Women | 1 |
| 08/h | 12:15 | 4 x 200m Relay | U18 Men | 1 |
| 09/h | 12:30 | 4 x 200m Relay | Sen Women | 1 |
| 10/h | 12:45 | 4 x 200m Relay | Sen Men | 1 |
| 07/f | 14:15 | 4 x 200m Relay | U18 Women | Final |
| 08/f | 14:20 | 4 x 200m Relay | U18 Men | Final |
| 09/f | 14:25 | 4 x 200m Relay | Sen Women | Final |
| 10/f | 14:30 | 4 x 200m Relay | Sen Men | Final |
| 11 | 15:45 | 800m | U14 Boys CE | |
| 12 | 16:00 | 800m | U14 Girls CE | |
| 13 | 17:15 | 800m | U16 Boys CE | |

**All heat lists will be displayed ONLINE. Please check for report time.
If heats are not required FINALS will go at HEAT time.**

Field

| Event No | Time | Event | Age Group | |
|----------|-------|------------|-------------------------|---------|
| 20 | 10:00 | High Jump | U14 Girls CE Pool 1 | 1m13 |
| | | | U14 Girls CE Pool 2 | 1m04 |
| 21 | 10:00 | Shot Put | U14 Boys CE | |
| 22 | 10:00 | Long Jump | U16 Boys CE | In |
| 23 | 11:15 | Shot Put | U18 / Mas Men CE | |
| 24 | 11:15 | Long Jump | Sen / U20 Men CE | In |
| 25 | 12:30 | High Jump | U16 Boys CE | 1m22 |
| 26 | | | U14 Boys CE | 1m04 |
| 27 | 12:55 | Shot Put | Sen / U20 Men CE | |
| 28 | 13:00 | Long Jump | U14 Girls CE Pool | In |
| 29 | 13:15 | Pole Vault | U18 / Mas Men CE Pool 2 | SH 2m05 |
| 30 | | | U18 / Mas Men CE Pool 1 | SH 2m65 |
| 31 | 14:30 | Long Jump | U14 Boys CE Pool | In |
| 32 | 14:30 | Shot Put | U14 Girls CE | |
| 33 | 14:45 | High Jump | Sen / U20 Men CE Pool 2 | SH 1m34 |
| | | | Sen / U20 Men CE Pool 1 | SH 1m64 |
| 34 | 15:45 | Long Jump | U18 / Mas Men CE | In |
| 35 | 16:15 | Shot Put | U16 Boys CE | |

**All Shot competitions will be held in corner outside back straight.
All Jumps & Shot Put - Minimum 2 Warm Ups
3 Attempts in Competition
High Jump - Minimum 2 Heights in Warm Up**

| Athletes must declare their intention to compete at least 60mins before the start time of their event. | | | | |
|---|-------|------------|-----------------------------|------------|
| Straight Track | | | | |
| Event No | Time | Event | Age Group | Round |
| 41 | 10:00 | 60m Hurd | Sen / U20 Men CE | |
| 42 | 10:20 | 60m Hurd | U18 Men CE | |
| 43 | 10:25 | 60m Hurd | Sen / U20 Women CE | |
| 44 | 10:40 | 60m Hurd | Masters Men CE | |
| 45 | 11:30 | 60m Hurd | U18 / Mast Women CE | |
| 46 | 11:40 | 60m Hurd | U16 Girls CE | |
| Circular Track | | | | |
| Event No | Time | Event | Age | Round |
| 51 | 13:30 | 3000m | Masters M40;45;50;55 | |
| 52 | 13:50 | 3000m | Mas Women | |
| 53 | 14:10 | 3000m | Masters Men M60;65;70;75;80 | |
| 54 | 15:10 | 1500m | Men | Invitation |
| 55 | 15:17 | 1500m | Women | Invitation |
| 56 | 15:24 | 800m | Men | Invitation |
| 57 | 15:29 | 800m | Women | Invitation |
| 58 | 15:34 | 400m | Men | Invitation |
| 59 | 15:39 | 400m | Women | Invitation |
| 60 | 16:05 | 1000m | Sen / U20 Men CE | |
| 61 | 16:20 | 1000m | Masters Men CE | |
| 62 | 16:30 | 1000m | U18 Men CE | |
| 63 | 17:00 | 800m | U18 / MasWomen CE | |
| 64 | 17:15 | 800m | Sen / U20 Women CE | |
| 65 | 17:30 | 800m | U16 Girls CE | |
| <p align="center">Straight Track will take precedence over Circular Track All heat lists will be displayed at warm up area. Please check for report time. If heats are not required FINALS will go at HEAT time.</p> | | | | |
| Field | | | | |
| Event No | Time | Event | Age Group | Info |
| 71 | 10:00 | High Jump | U16 Girls CE Pool 2 | SH 1m11 |
| | | | U16 Girls CE Pool 1 | SH 1m17 |
| 72 | 10:00 | Shot Put | U18 / Mast Women CE | |
| 73 | 11:15 | Pole Vault | Sen / U20 Men CE Pool 1 | SH 3m81 |
| | | | Sen / U20 Men CE Pool 2 | SH 2m31 |
| 74 | 12:15 | High Jump | Sen / U20 Women CE Pool 1 | SH 1m39 |
| | | | Sen / U20 Women CE Pool 2 | SH 1m27 |
| 75 | 12:30 | Long Jump | U18 Women CE Pool 1 | In |
| 76 | | | U18 / Mast Women CE Pool 2 | Out |
| 77 | 13:15 | Long Jump | U16 Girls CE Pool 1 | In |
| | | | U16 Girls CE Pool 2 | Out |
| 78 | 14:00 | High Jump | Masters / U18 Men CE Pool 2 | SH 1m12 |
| 79 | | | Masters / U18 Men CE Pool 1 | SH 1m47 |
| 80 | 14:00 | Shot Put | Sen / U20 Wom CE | |
| 81 | 15:30 | High Jump | U18 Women CE Pool 1 | SH 1m30 |
| 82 | | | U18 / Mast Women CE Pool 2 | SH 1m15 |
| 83 | 15:45 | Long Jump | Sen / U20 Women CE | |
| 84 | 15:45 | Shot Put | U16 Girls CE | |
| <p align="center">All Shot competitions will be held in corner outside back straight. Horizontal Jumps & Shot Put - 2 Warm Ups 3 Attempts in Competition High Jump - 2 Heights in Warm Up Only</p> | | | | |