

Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.					
Track					
Event No	Time	Event	District	Age Group	Round
01	10:30	100m Hurdles	East / North	U16 Boys	Final
02	10:35	80m Hurdles	East / North	U16 Girls	Final
03	10:40	80m Hurdles	East / North	U14 Boys	Timed Finals
04	10:45	75m Hurdles	East / North	U14 Girls	Timed Finals
05/h	11:00	100m	East	U16 Girls	1
06/h	11:10	100m	North	U16 Girls	1
07	11:25	100m	North	U18/U20/Sen Women	Guest
08/h	11:35	100m	East	U16 Boys	1
09/h	11:43	100m	North	U16 Boys	1
10	11:53	100m	North	U18/U20/Sen Men	Guest
11	12:00	100m	East / North	U14 Girls	Timed Finals
12	12:20	100m	East / North	U14 Boys	Timed Finals
13	12:35	100m	East / North	Wheelchair / Framerunner	Guest
14	12:40	1500m	East / North	U14 Girls	Timed Finals
15	12:50	1500m	East / North	U14 Boys	Timed Finals
LUNCH					
16	13:45	1500m SC	East / North	U16 Boys/Girls	Final
17	14:00	1500m	East / North	Framerunner	Guest
18	14:15	200m	East / North	U14 Girls	Timed Finals
19	14:40	200m	East / North	U14 Boys	Timed Finals
20	14:55	300m	East	U16 Girls	Final
21	15:00	300m	North	U16 Girls	Final
22	15:05	300m	East	U16 Boys	Final
23	15:10	300m	North	U16 Boys	Final
24	15:15	300m	North	U18/U20/Sen Men / Women	Guest
05/f	15:20	100m	East	U16 Girls	Final
06/f	15:25	100m	North	U16 Girls	Final
08/f	15:30	100m	East	U16 Boys	Final
09/f	15:35	100m	North	U16 Boys	Final
25	15:40	800m	East / North	U14 Girls	Timed Finals
26	15:50	800m	East / North	U14 Boys	Timed Finals
27	15:55	800m	East	U16 Girls	Timed Finals
28	16:05	800m	North	U16 Girls	Final
29	16:10	800m	North	U20 / U18 Women	Guest
30	16:15	800m	East	U16 Boys	Final
31	16:20	800m	North	U16 Boys	Final
32	16:30	200mH	East / North	U14 Girls	Timed Finals
33	16:35	200mH	East / North	U14 Boys	Timed Finals
If heats are not required, Finals will go at HEAT Time.					
Field					
Event No	Time	Event	District	Age Group	Info
34	10:00	Javelin	East / North	U14 Girls	
35	10:00	Long Jump	East / North	U14 Boys / U18 Women	
36	10:00	Shot Put	East / North	U16 Boys / U18 Men	
37	11:00	Long Jump	East / North	U14 Girls	
38	11:00	Discus	East / North	U14 Girls / Boys	
39	11:00	High Jump	East / North	U16 Boys / U18 Men	SH 1m23
40	12:45	Javelin	East / North	U14 / U16 Boys / U18 Men	
41	12:45	Shot Put	East / North	U14 Girls	
42	12:45	High Jump	East / North	U14 Girls	SH 1m08
43	14:00	Shot Put	East / North	U14 Boys	
44	14:00	Long Jump	East / North	U16 Girls / U18 / U20 Women	
45	14:00	Hammer	East / North	U16 Boys / U16 Girls / U18 / Sen Women	
46	15:30	High Jump	East / North	U14 Boys	SH 1m18
47	15:30	Long Jump	East / North	U14 Girls	
48	15:30	Discus	East / North	U16 Girls / U18 Women	
Under 14s and Guests Horizontal Jumps and Throws all athletes will receive 4 trials.					
Under 16s Horizontal Jumps and Throws all athletes will receive 3 trials with the top 8 receiving a further 3 High Jump will progress in 5cm increments.					

SUPERteams athletes must declare at least 60mins before their first event. U16s must declare at least 60mins before the start time of each of their events.					
Track					
Event	Time	Event	District	Age Group	Round
49	10:00	75m		Pool 1	
50	10:45	75m		Pool 2	
51	11:30	75m		Pool 3	
52	12:30	Fun Relay		All Pools	4x100m
Break					
53/h	13:45	200m	East	U16 Girls	1
54/h	13:55	200m	North	U16 Girls	1
55	14:05	200m	North	U18 / U20 / Sen Women	Guest
56	14:10	200m	East	U16 Boys	Final
57/h	14:15	200m	North	U16 Boys	1
58	14:25	200m	North	U18 / U20 / Sen Men	Guest
59/h	14:35	300mH	East/North	U16 Girls	1
60	14:45	300mH	East	U16 Boys	Final
61	14:55	1500m	East/North	U16 Girls / U18 Women	Final
62	15:05	1500m	East/North	U16 Boys	Final
53/f	15:15	200m	East	U16 Girls	Final
54/f	15:20	200m	North	U16 Girls	Final
57/f	15:25	200m	North	U16 Boys	Final
59/f	15:35	300mH	East	U16 Girls	Final
If heats are not required, Finals will go at HEAT Time.					
Event No.	Time	Event		Age Group	Info
63	10:00	Long Jump		Pool 2	
64	10:00	Javelin		Pool 3	
65	10:45	Long Jump		Pool 3	
66	10:45	Javelin		Pool 1	
67	11:30	Long Jump		Pool 1	
68	11:30	Javelin		Pool 2	
Lunch					
69	12:45	Discus	East / North	U16 Boys / U18 Men	
70	12:45	Long Jump	East / North	U16 Boys / U18 / Sen Men	
71	12:45	Shot Put	East / North	U16 Girls / U18 / U20 Women	
72	13:30	High Jump	East / North	U16 Girls / U18 Women	SH 1m19
73	14:15	Triple Jump	East / North	U16 Girls / U20 Women / U18 Men	7m/9m/11m
74	14:15	Javelin	East / North	U16 Girls / U18 Women	
SUPERteams all athletes will receive 3 trials. Under 16s Horizontal Jumps and Throws all athletes will receive 3 trials with the top 8 receiving a further 3 trials. High Jump will progress in 5cm increments.					