

Athletes must declare their intention to compete at least 60mins before the scheduled start time of each of their events.				
Track				
Event No	Time	Event	Age Group	Round
01/h	10:00	100m	U16 Girls	1
02/h	10:25	100m	U16 Boys	1
03/h	10:47	1500m	U16 Girls	1
04/h	11:00	1500m	U16 Boys	1
05/h	11:15	300m	U16 Girls	1
06/h	11:32	300m	U16 Boys	1
01/s	11:45	100m	U16 Girls	Semi Final
02/s	11:57	100m	U16 Boys	Semi Final
07/h	12:09	800m	U20 Women	1
08/h	12:19	800m	U20 Men	1
09/h	12:35	400m Hurdles	U20 Women	1
10	12:35	400m Hurdles	U20 Men	Final
11/h	12:45	300m Hurdles	U16 Girls	1
LUNCH				
03/f	13:30	1500m	U16 Girls	Final
04/f	13:37	1500m	U16 Boys	Final
01/f	13:45	100m	U16 Girls	Final
02/f	13:49	100m	U16 Boys	Final
12/h	13:53	800m	U16 Girls	1
13/h	14:12	800m	U16 Boys	1
09/f	14:27	400m Hurdles	U20 Women	Final
14	14:33	300m Hurdles	U16 Boys	Final
11/f	14:38	300m Hurdles	U16 Girls	Final
05/f	14:43	300m	U16 Girls	Final
06/f	14:48	300m	U16 Boys	Final
15/h	14:54	200m	U20 Women	1
16/h	15:06	200m	U20 Men	1
17/h	15:20	200m	U16 Girls	1
18/h	15:45	200m	U16 Boys	1
19/h	16:00	100m Hurdles	U16 Boys	1
20/h	16:10	80m Hurdles	U16 Girls	1
15/f	16:27	200m	U20 Women	Final
16/f	16:32	200m	U20 Men	Final
17/s	16:37	200m	U16 Girls	Semi Final
18/s	16:49	200m	U16 Boys	Semi Final
07/f	16:58	800m	U20 Women	Final
08/f	17:04	800m	U20 Men	Final
12/f	17:09	800m	U16 Girls	Final
13/f	17:14	800m	U16 Boys	Final
20/f	17:21	80m Hurdles	U16 Girls	Final
19/f	17:27	100m Hurdles	U16 Boys	Final
17/f	17:34	200m	U16 Girls	Final
18/f	17:38	200m	U16 Boys	Final
If Heats are not required Finals will go at HEAT time				
Field				
Event No.	Time	Event	Age Group	Info
21	10:00	Hammer	U16 Girls/Boys	
22	10:00	Long Jump	U16 Girls	Pool 2
23	10:00	High Jump	U20 Women	SH 1m38
	10:00		U20 Men	SH 1m58
24	11:00	Pole Vault	U16 Girls	SH 2m08
			U16 Boys	
25	11:15	Javelin	U16 Boys	
22	11:15	Long Jump	U16 Girls	Pool 1
26	12:00	High Jump	U16 Girls	SH 1m18
27	12:00	Javelin	U16 Girls	
28	13:15	Long Jump	U16 Boys	
29	13:30	Javelin	U20 Women	
			U20 Men	
30	13:30	Shot Put	U16 Girls	
31	13:30	Pole Vault	U20 Men	SH 2m23
			U20 Women	
32	13:45	High Jump	U16 Boys	SH 1m28
33	15:00	Long Jump	U20 Women	
34	15:30	Shot Put	U16 Boys	
35	15:30	Discus	U16 Girls	
36	16:15	Triple Jump	U16 Girls	7m/9m
			U16 Boys	7m/9m
37	16:45	Discus	U16 Boys	
Minimum 2 Warm Up Attempts				
U16G Long Jump athletes must declare 60 minutes before the start time of the earliest pool, regardless of which pool they will compete in				
Pole Vault Starting Heights and Progressions:				
U20	2m23/2m38/2m53/2m63/2m73/2m83			
U16	2m08/2m23/2m38/2m53/2m63/2m73/2m83			

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Track				
Event No	Time	Event	Age Group	Round
38/h	10:00	200m Hurdles	U14 Girls	1
39/h	10:10	200m Hurdles	U14 Boys	1
40/h	10:22	100m	U20 Men	1
41/h	10:38	100m	U14 Girls	1
42/h	11:03	100m	U14 Boys	1
43/h	11:16	400m	U20 Women	1
44/h	11:35	400m	U20 Men	1
45/h	11:50	100m	U20 Women	1
40/s	12:02	100m	U20 Men	Semi Final
41/s	12:10	100m	U14 Girls	Semi Final
42/s	12:21	100m	U14 Boys	Semi Final
46	12:31	800m	U14 Girls	Timed Final
47	12:45	800m	U14 Boys	Timed Final
38/f	13:01	200m Hurdles	U14 Girls	Final
39/f	13:06	200m Hurdles	U14 Boys	Final
45/f	13:12	100m	U20 Women	Final
40/f	13:16	100m	U20 Men	Final
41/f	13:20	100m	U14 Girls	Final
42/f	13:23	100m	U14 Boys	Final
48	13:27	2000m SC	U20 Men	Final
LUNCH				
49	14:05	1500m SC	U20 Women	Final
50	14:14	1500m SC	U16 Boys / Girls	Final
51/h	14:24	200m	U14 Girls	1
52/h	14:45	200m	U14 Boys	1
53/h	15:00	1500m	U20 Women	1
54/h	15:12	1500m	U20 Men	1
55	15:25	110m Hurdles	U20 Men	Final
56/h	15:31	100m Hurdles	U20 Women	Final
57/h	15:36	80m Hurdles	U14 Boys	1
58/h	15:46	75m Hurdles	U14 Girls	1
51/s	16:02	200m	U14 Girls	Semi Final
52/s	16:12	200m	U14 Boys	Semi Final
43/f	16:20	400m	U20 Women	Final
44/f	16:25	400m	U20 Men	Final
59	16:30	1500m	U14 Girls	Timed Final
60	16:45	1500m	U14 Boys	Timed Final
53/f	17:00	1500m	U20 Women	Final
54/f	17:07	1500m	U20 Men	Final
58/f	17:15	75m Hurdles	U14 Girls	Final
57/f	17:21	80m Hurdles	U14 Boys	Final
51/f	17:27	200m	U14 Girls	Final
52/f	17:30	200m	U14 Boys	Final
If Heats not required Finals will go at HEAT time				
Field				
Event No	Time	Event	Age Group	Round
61	10:00	Hammer	U20 Women	
			U20 Men	
62	10:00	High Jump	U14 Girls	SH 1m13
				SH 1m23
63	10:00	Long Jump	U20 Men	
64	11:00	Javelin	U14 Girls	
65	11:05	Long Jump	U14 Girls	Pool 2
66	11:15	Shot Put	U14 Boys	
65	12:20	Long Jump	U14 Girls	Pool 1
67	12:30	Javelin	U14 Boys	
68	12:45	Shot Put	U20 Women	
			U20 Men	
69	13:45	Shot Put	U14 Girls	
70	13:45	Long Jump	U14 Boys	
71	14:30	Discus	U20 Men	
			U20 Women	
72	15:00	High Jump	U14 Boys	SH 1m13
73	15:00	Triple Jump	U20 Women	9m
74	16:00	Discus	U14 Boys	
			U14 Girls	
75	16:15	Triple Jump	U20 Men	11m/13m
Minimum 2 Warm Up Attempts				
U14G Long Jump athletes must declare 60 minutes before the start time of the earliest pool, regardless of which pool they will compete in				