

Saturday

Event No	Time	Event	Grading
1	10.00	Hammer	Senior/U20 Women
2	10.00	High Jump	Start Height 1.10m +
3	11.15	Hammer	Under 11/13
4	11.15	Javelin	Up to 40m
5	12.30	Hammer	Senior /U20 Men
6	12.30	High Jump	Start height 1.30m +
7	14.45	Hammer	U17/15 Girls
8	14.45	Shot	Up to 9m
9	16.00	Hammer	U20 M/W; U17/15 Boys
10	16.00	Shot	Between 9 - 11m

Sunday

	Time	Event	Grading
1	10.00	Discus	Up to 25m
2	10.00	Long Jump	Between 4.50 - 5.20m
3	11.15	Seated Throw	Over 4m
4	11.15	Shot	Over 11m
5	12.30	Long Jump	Over 4.80m
6	12.30	Javelin	Over 40m
7	14.45	Long Jump	Over 5.50m
8	14.45	Discus	Between 25 - 40m
9	16.00	High Jump	Start height 1.50m +
10	16.00	Discus	Over 40m

Dates	April 11/12	Events as above
	June 6/7	Triple Jump instead of Long Jump
	Jul 25/26	Events as above
	Sept 5/6	Triple Jump instead of Long Jump