

**Provisional Track Timetable**  
**Friday**

Event No.	Time	Event	Age Group	Round
	18.00	1500m	U17M	1
	18.16	200m	U13G	1
	18.32	200m	U13B	1
	18.40	200m	U15G	1
	18.56	200m	U15B	1
	19.08	200m	U17W	1
	19.20	200m	U17M	1
	19.28	200m	U20W	1
	19.36	200m	Sen W	F
	19.40	200m	U20M	1
	19.48	200m	Sen M	F
	19.52	1500m	U13G	F
	20.00	1500m	U13B	F
	20.08	1500m	U15G	F
	20.24	1500m	U15B	F
	20.40	1500m	U17W	F
	20.48	1500m	U20/Sen W	F
	20.56	1500m	U20/Sen M	F
	21.04	1500m	U17M	F
	21.12	200m	U13G	F
	21.16	200m	U13B	F
	21.20	200m	U15G	F
	21.24	200m	U15B	F
	21.28	200m	U17W	F
	21.32	200m	U17M	F
	21.36	200m	U20W	F
	21.40	200m	U20M	F

**Provisional Field Timetable**  
**Friday**

Event No.	Time	Event	Age Group
	18.00	Hammer	Sen/U20M
		Hammer	U17M
		Hammer	Sen/U20W
		Hammer	U17W
	18.30	Triple Jump	Sen/U20 W
		Triple Jump	U17W
		Triple Jump	U15G
	18.30	High Jump	U15G
	19.00	Hammer	U15G
		Hammer	U15B
	19.30	Triple Jump	Sen/U20M
		Triple Jump	U17M
		Triple Jump	U15B
	20.00	Discus	U13B
		Discus	U13G
	20.00	Discus	U15B
		Discus	U15G

Field events 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts

**Provisional Track Timetable**

**Saturday**

<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	10.00	400m Hurdles	Sen/U20M	F
		400m Hurdles	U17M	F
	10.05	400m Hurdles	Sen/U20W	F
	10.10	300m Hurdles	U17G	F
	10.20	800m	U15G	1
	10.32	800m	U15B	1
	10.44	800m	U17W	1
	10.52	800m	U17M	1
	11.00	800m	Sen/U20W	F
	11.04	800m	U20M	F
	11.08	800m	SenM	F
	11.12	100m	U20W	F
	11.16	100m	Sen W	F
	11.20	100m	U20M	1
	11.32	100m	Sen M	F
	11.36	100m	U17W	1
	11.48	100m	U17M	1
	11.56	100m	U15G	1
	12.16	100m	U15B	1
	12.28	100m	U13G	1
	12.44	100m	U13B	1
	12.58	3000m SC	Sen/U20M(West): Sen/U20W(East)	F
<b>LUNCH</b>				

**Provisional Track Timetable**

**Saturday**

<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	13.45	110m Hurdles	Sen/U20M	
	13.50	100m Hurdles	U17M	F
	13.55	100m Hurdles	Sen/U20W	F
	14.00	80m Hurdles	U15B	F
	14.05	80m Hurdles	U17W	1
	14.15	75m Hurdles	U15G	1
	14.25	75m Hurdles	U13B	F
	14.30	70m Hurdles	U13G	1
	14.40	400m	U20W	F
	14.44	400m	Sen W	F
	14.48	400m	U20M	F
	14.52	400m	Sen M	F
	14.56	400m	U17M	1
	15.04	300m	U15B	F
	15.08	300m	U17W	1
	15.20	300m	U15G	1
	15.32	800m	U13G	1
	15.44	800m	U13B	1
	15.56	800m	U15G	F
	16.00	800m	U15B	F
	16.04	800m	U17W	F
	16.08	800m	U17 M	F
	16.12	100m	U20M	F
	16.16	100m	U17W	F
	16.20	100m	U17M	F
	16.24	100m	U15G	F
	16.28	100m	U15B	F
	16.32	100m	U13G	F
	16.36	100m	U13B	F
	16.40	400m	U17M	F
	16.44	300m	U17W	F
	16.48	300m	U15G	F
	16.55	80m Hurdles	U17W	F
	17.00	75m Hurdles	U15G	F
	17.05	70m Hurdles	U13G	F

**Provisional Field Timetable**  
**Saturday**

Event No.	Time	Event	Age Group
	10.00	Javelin	Sen/U20W
		Javelin	U17W
		Javelin	U15G
		Javelin	U13G
	10.00	Long Jump	U13G
	10.00	Shot Putt	Sen/U20M
		Shot Putt	U17M
		Shot Putt	U15B
	11.30	Javelin	Sen/U20M
		Javelin	U17M
		Javelin	U15B
		Javelin	U13B
	11.30	High Jump	Sen/U20W
		High Jump	U17W
	11.30	Long Jump	Sen/U20M
		Long Jump	U17M
		Long Jump	U15B
	11.30	Pole Vault	All male/female
	13.00	Shot Putt	Sen/U20W
		Shot Putt	U17W
		Shot Putt	U15G
	13.00	Long Jump	U13B
	13.00	High Jump	U15B
		High Jump	U17M
	14.15	High Jump	Sen/U20M
	14.30	Long Jump	Sen/U20W
		Long Jump	U17W
	14.30	Shot Putt	U13B
		Discus	Sen/U20M
		Discus	U17M
	15.30	High Jump	U13G
		High Jump	U13B
	16.00	Discus	Sen/U20W
		Discus	U17W
	16.00	Shot Putt	U13G
	16.00	Long Jump	U15W

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