

Straight Track				
Event No	Time	Event	Age	Heat No.
1	10.00	60m Hurdles	U20M	1
2	10.05	60m Hurdles	U17M	1
3	10.10	60m Hurdles	SW	1
4	10.15	60m Hurdles	U20W	1
5	10.20	60m Hurdles	U15B	1
6	10.30	60m Hurdles	U17W	2
7	10.40	60m Hurdles	U15G	3
8	10.55	60m Hurdles	U13G	2
9	11.10	60m	Band A	1 to 3
10	11.22	60m	Band B	4 to 6
11	11.34	60m	Band C	7 to 9
12	11.46	60m	Band D	10 to 12
13	11.58	60m	Band E	13 to 15
14	12.10	60m	Band F	16 to 18
15	12.22	60m	Band G	19 to 21
16	12.34	60m	Band H	22 to 24
17	12.46	60m	Band I	25 to 27
18	12.58	60m	Band J	28 to 30

Straight events track have precedence over circular track

13.10	LUNCH
-------	-------

Circular Track				
Event No	Time	Event	Age	Heat No.
19	10.00	800m	Band A	1 to 3
20	10.15	800m	Band B	4 to 6
21	10.30	800m	Band C	7 to 9
22	10.45	800m	Band D	10 to 12
23	11.00	800m	Band E	13 to 15
24	11.15	800m	Band F	16 to 18
25	11.30	400m	Band A	1 to 3
26	11.44	400m	Band B	4 to 6
27	11.59	400m	Band C	7 to 9
28	12.14	400m	Band D	10 to 12
29	12.29	400m	Band E	13 to 15
30	12.40	300m	Band A	1 to 3
31	12.55	300m	Band B	4 to 6
32	13.10	300m	Band C	7 to 9
33	13.25	1500m	Band A	1 to 3
34	13.49	1500m	Band B	4 to 6
35	14.13	1500m	Band C	7 to 9
36	14.40	1500m	Band D	10 to 12
37	15.05	200m	Band A	1 to 3
38	15.17	200m	Band B	4 to 6
39	15.29	200m	Band C	7 to 9
40	15.41	200m	Band D	10 to 12
41	15.53	200m	Band E	13 to 15
42	16.05	200m	Band F	16 to 18
43	16.17	200m	Band G	19 to 21
44	16.29	200m	Band H	22 to 24
45	16.41	200m	Band I	25 to 27
46	16.53	200m	Band J	28 to 30
47	17.05	200m	Band K	31 to 33
48	17.17	200m	Band L	34 to 36
49	17.29	200m	Band M	37 to 40

All heat lists will be displayed at warm up area. Please check for report time.

Field				
Event No	Time	Event	Pool	Area
50	10.00	Long Jump	Pool 4	
51	10.00	Shot Putt	Pool 2	
52	10.00	Triple Jump	Pool 2	out
53	10.15	Pole Vault	Pool 2	St Ht 1.77
54	11.30	Triple Jump	Pool 1	
55	11.30	Shot Putt	Pool 1	
56	11.30	Long Jump	Pool 6	out 1m board
57	12.30	Pole Vault	Pool1	St Ht 3,17
58	13.00	Shot Putt	Pool 3	
59	13.00	Long Jump	Pool 1	
60	14.00	High Jump	Pool 4	St Ht 1.06
61	14.00	High Jump	Pool 1	St Ht >1.56
62	14.30	Long Jump	Pool 3	out 1m board
63	14.30	Shot Putt	Pool 4	
64	16.00	High Jump	Pool 3	St Ht 1.26
65	16.00	High Jump	Pool 2	St Ht 1.36
66	16.15	Long Jump	Pool 2	
67	16.15	Long Jump	Pool 5	out 1m board

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - 2 warm up attempts

3 attempts in competition only

High Jump - 2 heights in warm up only