

11.30	Div 2 A	Under 13 Girls	70mH	14.00	Div 2 / 3	Senior Men	Discus
11.33	Div 2 B	Under 13 Girls	70mH	14.00	Div 2 / 3	Under 17 Men	Javelin
11.36	Div 3 AB	Under 13 Girls	70mH	14.00	Div 2 / 3	Under 15 Girls	High Jump
11.44	Div 2 A	Under 15 Girls	75mH	14.02	Div 3 AB	Masters Women	200m
11.47	Div 2 B	Under 15 Girls	75mH	14.05	Div 2 A	Masters Men	200m
11.50	Div 3 AB	Under 15 Girls	75mH	14.08	Div 2 B	Masters Men	200m
11.53	Div 2 A	Under 13 Boys	75mH	14.11	Div 3 AB	Masters Men	200m
11.56	Div 2 B	Under 13 Boys	75mH	14.15	Div 2 / 3	Under 17 Men	Shot Putt
11.59	Div 3 AB	Under 13 Boys	75mH	14.19	Div 2	Under 11 Girls	800m
12.00	Div 2 / 3	Under 17 Women	High Jump	14.23	Div 3	Under 11 Girls	800m
12.00	Div 2 / 3	Under 11 Boys	Long Jump	14.27	Div 2	Under 11 Boys	800m
12.00	Div 2 / 3	Senior Women	Shot Putt	14.31	Div 3	Under 11 Boys	800m
12.00	Div 2 / 3	Under 15 Boys	Long Jump	14.35	Div 2	Under 13 Girls	800m
12.07	Div 2 A	Under 15 Boys	80mH	14.39	Div 3	Under 13 Girls	800m
12.10	Div 2 B	Under 15 Boys	80mH	14.45	Div 2 / 3	Under 13 Boys	Long Jump
12.13	Div 3 AB	Under 15 Boys	80mH	14.45	Div 2 / 3	Under 11 Girls	Long Jump
12.21	Div 2 A	Under 11 Girls	150m	14.46	Div 2 / 3	Under 13 Boys	1500m
12.24	Div 2 B	Under 11 Girls	150m	14.53	Div 2 / 3	Under 15 Girls	1500m
12.27	Div 3 AB	Under 11 Girls	150m	15.00	Div 2 / 3	Under 15 Boys	1500m
12.30	Div 2 A	Under 11 Boys	150m	15.00	Div 2 / 3	Under 13 Girls	Shot Putt
12.33	Div 2 B	Under 11 Boys	150m	15.00	Div 2 / 3	Under 13 Girls	High Jump
12.36	Div 3 AB	Under 11 Boys	150m	15.06	Div 2 / 3	Under 17 Women	1500m
12.44	Div 2 A	Under 13 Girls	200m	15.12	Div 2 / 3	Under 17 Men	1500m
12.45	Div 2 / 3	Under 15 Girls	Shot Putt	15.15	Div 2 / 3	Senior Women	Javelin
12.45	Div 2 / 3	Under 13 Boys	High Jump	15.18	Div 2 / 3	Senior Women	1500m
12.47	Div 2 B	Under 13 Girls	200m	15.18	Div 2 / 3	Masters Women	1500m
12.50	Div 3 AB	Under 13 Girls	200m	15.25	Div 2 / 3	Senior Men	1500m
12.53	Div 2 A	Under 13 Boys	200m	15.25	Div 2 / 3	Masters Men	1500m
12.56	Div 2 B	Under 13 Boys	200m	15.30	Div 2 / 3	Under 17 Men	Triple Jump
12.59	Div 3 AB	Under 13 Boys	200m	15.30	Div 2 / 3	Under 13 Girls	Discus
13.00	Div 2 / 3	Under 13 Boys	Discus	15.30	Div 2 / 3	Under 17 Women	Triple Jump
13.02	Div 2 A	Under 15 Girls	200m	15.30	Div 2	Under 11 Girls	4 x 100m
13.05	Div 2 B	Under 15 Girls	200m	15.35	Div 3	Under 11 Girls	4 x 100m
13.08	Div 3 AB	Under 15 Girls	200m	15.40	Div 2	Under 11 Boys	4 x 100m
13.11	Div 2 A	Under 15 Boys	200m	15.45	Div 2 / 3	Under 17 Women	Shot Putt
13.14	Div 2 B	Under 15 Boys	200m	15.45	Div 3	Under 11 Boys	4 x 100m
13.17	Div 3 AB	Under 15 Boys	200m	15.50	Div 2	Under 13 Girls	4 x 100m
13.20	Div 2 A	Under 17 Women	200m	15.55	Div 3	Under 13 Girls	4 x 100m
13.23	Div 2 B	Under 17 Women	200m	16.00	Div 2	Under 13 Boys	4 x 100m
13.26	Div 3 AB	Under 17 Women	200m	16.05	Div 3	Under 13 Boys	4 x 100m
13.29	Div 2 A	Under 17 Men	200m	16.10	Div 2	Under 15 Girls	4 x 100m
13.30	Div 2 / 3	Senior Men	Long Jump	16.15	Div 3	Under 15 Girls	4 x 100m
13.30	Div 2 / 3	Under 15 Boys	Shot Putt	16.20	Div 2	Under 15 Boys	4 x 100m
13.30	Div 2 / 3	Senior Women	Long Jump	16.25	Div 3	Under 15 Boys	4 x 100m
13.30	Div 2 / 3	Senior Men	High Jump	16.30	Div 2	Under 17 Women	4 x 100m
13.32	Div 2 B	Under 17 Men	200m	16.30	Div 3	Under 17 Women	4 x 100m
13.35	Div 3 AB	Under 17 Men	200m	16.35	Div 2	Under 17 Men	4 x 400m
13.38	Div 2 A	Senior Women	200m	16.40	Div 3	Under 17 Men	4 x 400m
13.41	Div 2 B	Senior Women	200m	16.45	Div 2	Senior Women	4 x 400m
13.44	Div 3 AB	Senior Women	200m	16.50	Div 3	Senior Women	4 x 400m
13.47	Div 2 A	Senior Men	200m	16.55	Div 2	Senior Men	4 x 400m
13.50	Div 2 B	Senior Men	200m	17.00	Div 3	Senior Men	4 x 400m
13.53	Div 3 AB	Senior Men	200m				
13.56	Div 2 A	Masters Women	200m				
13.59	Div 2 B	Masters Women	200m				

**MENS TIMETABLE**

TIME	AGE GROUP	EVENT
12.00	Under 11 Boys	Long Jump
12.30	Under 11 Boys	150m
14.27	Under 11 Boys	800m
15.40	Under 11 Boys	4 x 100m

**WOMENS TIMETABLE**

TIME	AGE GROUP	EVENT
12.21	Under 11 Girls	150m
14.19	Under 11 Girls	800m
14.45	Under 11 Girls	Long Jump
15.30	Under 11 Girls	4 x 100m

TIME	AGE GROUP	EVENT
11.53	Under 13 Boys	75mH
12.00	Under 13 Boys	Discus
12.45	Under 13 Boys	High Jump
12.53	Under 13 Boys	200m
14.45	Under 13 Boys	Long Jump
14.46	Under 13 Boys	1500m
16.00	Under 13 Boys	4 x 100m

TIME	AGE GROUP	EVENT
11.30	Under 13 Girls	70mH
12.44	Under 13 Girls	200m
14.35	Under 13 Girls	800m
15.00	Under 13 Girls	Shot Putt
15.00	Under 13 Girls	High Jump
15.30	Under 13 Girls	Discus
15.50	Under 13 Girls	4 x 100m

TIME	AGE GROUP	EVENT
12.00	Under 15 Boys	Long Jump
12.07	Under 15 Boys	80mH
13.11	Under 15 Boys	200m
13.30	Under 15 Boys	Shot Putt
15.00	Under 15 Boys	1500m
16.20	Under 15 Boys	4 x 100m

TIME	AGE GROUP	EVENT
11.44	Under 15 Girls	75mH
12.45	Under 15 Girls	Shot Putt
13.02	Under 15 Girls	200m
14.00	Under 15 Girls	High Jump
14.53	Under 15 Girls	1500m
16.10	Under 15 Girls	4 x 100m

TIME	AGE GROUP	EVENT
13.29	Under 17 Men	200m
14.00	Under 17 Men	Javelin
14.15	Under 17 Men	Shot Putt
15.12	Under 17 Men	1500m
15.30	Under 17 Men	Triple Jump
16.35	Under 17 Men	4 x 400m

TIME	AGE GROUP	EVENT
12.00	Under 17 Women	High Jump
13.20	Under 17 Women	200m
15.06	Under 17 Women	1500m
15.30	Under 17 Women	Triple Jump
15.45	Under 17 Women	Shot Putt
16.30	Under 17 Women	4 x 100m

TIME	AGE GROUP	EVENT
13.30	Senior Men	Long Jump
13.30	Senior Men	High Jump
13.47	Senior Men	200m
14.00	Senior Men	Discus
15.25	Senior Men	1500m
16.55	Senior Men	4 x 400m

TIME	AGE GROUP	EVENT
12.00	Senior Women	Shot Putt
13.30	Senior Women	Long Jump
13.38	Senior Women	200m
15.15	Senior Women	Javelin
15.18	Senior Women	1500m
16.45	Senior Women	4 x 400m

TIME	AGE GROUP	EVENT
14.05	Masters Men	200m
15.25	Masters Men	1500m

TIME	AGE GROUP	EVENT
13.56	Masters Women	200m
15.18	Masters Women	1500m