

Straight Track				
Event No	Time	Event	Age	Round
1	10.00	60m	U13 Boys	1
2	10.20	60m	U13 Girls	1
3	10.45	60m Hurdles	U20 Men	1
4	10.55	60m Hurdles	U20 Women	1
5	11.05	60m Hurdles	U13 Girls	1
6	11.20	60m	U13 Boys	Semi Final
7	11.32	60m	U13 Girls	Semi Final
8	11.45	60m Hurdles	U20 Men	Final
9	11.55	60m Hurdles	U20 Women	Final
10	12.05	60m Hurdles	U13 Boys	Final
11	12.15	60m Hurdles	U13 Girls	Final
12	12.25	60m	U13 Boys	Final
13	12.30	60m	U13 Girls	Final
LUNCH				
Circular Track				
Event No	Time	Event	Age	Round
14	12.00	800m	U20 Men	1
15	12.12	800m	U20 Women	1
16	12.20	200m	U20 Men	1
17	12.40	200m	U20 Women	1
18	13.05	200m	U13 Boys	1
19	13.40	200m	U13 Girls	1
20	14.15	400m	U20 Women	1
21	14.27	400m	U20 Men	1
22	14.39	800m	U13 Girls	1
23	14.55	800m	U13 Boys	1
24	15.11	800m	U20 Men	Final
25	15.15	800m	U20 Women	Final
26	15.20	200m	U20 Men	Semi Final
27	15.28	200m	U20 Women	Semi Final
28	15.40	200m	U13 Boys	Semi Final
29	15.52	200m	U13 Girls	Semi Final
30	16.08	1500m	U13 Girls	Final
31	16.18	1500m	U13 Boys	Final
32	16.38	400m	U20 Women	Final
33	16.42	400m	U20 Men	Final
34	16.46	200m	U20 Men	Final
35	16.50	200m	U20 Women	Final
36	16.54	200m	U13 Boys	Final
37	16.58	200m	U13 Girls	Final

Field				
Event No		Event	Age	Round
38	9.55	Long Jump	U20 Women	Final
39	10.05	Shot Putt	U13 Girls	Final
40	11.00	Pole Vault	U20 Men	Final
41	11.00	Pole Vault	U20 Women	Final
42	11.20	Shot Putt	U13 Boys	Final
43	11.30	Long Jump	U20 Men	Final
44	12.30	High Jump	U13 Boys	Final
45	13.30	Long Jump	U13 Girls	Final
46	14.15	High Jump	U13 Girls	Final
47	15.00	Long Jump	U13 Boys	Final
48	15.10	Shot Putt	U20 Women	Final
2 Warm Up Attempts + Best 8 to Final Rounds				

Straight Track				
Event No	Time	Event	Age	Round
1	10.00	60m Hurdles	U15 Boys	1
2	10.10	60m Hurdles	U15 Girls	1
3	10.35	60m	U15 Girls	1
4	11.11	60m	U15 Boys	1
5	11.31	60m	U20 Women	1
6	11.51	60m	U20 Men	1
7	12.06	60m Hurdles	U15 Girls	Semi Final
8	12.22	60m	U15 Girls	Semi Final
9	12.34	60m	U15 Boys	Semi Final
10	12.46	60m	U20 Women	Semi Final
11	12.58	60m	U20 Men	Semi Final
12	13.10	60m Hurdles	U15 Boys	Final
13	13.15	60m Hurdles	U15 Girls	Final
14	13.20	60m	U15 Girls	Final
15	13.24	60m	U15 Boys	Final
16	13.28	60m	U20 Women	Final
17	13.32	60m	U20 Men	Final
LUNCH				
Circular Track				
Event No	Time	Event	Age	Round
18	12.00	300m	U15 Girls	1
19	12.25	300m	U15 Boys	1
20	12.35	1500m	U15 Girls	1
21	12.55	1500m	U15 Boys	1
22	13.16	1500m	U20 Men	1
23	13.36	800m	U15 Girls	1
24	13.52	800m	U15 Boys	1
25	14.04	300m	U15 Girls	Semi Final
26	14.12	300m	U15 Boys	Final
27	14.16	1500m	U20 Women	Final
28	14.24	200m	U15 Girls	1
29	15.04	200m	U15 Boys	1
30	15.28	300m	U15 Girls	Final
	15.32	800m	U15 Girls	B Final
31	15.36	800m	U15 Girls	A Final
	15.40	800m	U15 Boys	B Final
32	15.44	800m	U15 Boys	A Final
33	15.48	200m	U15 Girls	Semi Final
34	16.00	200m	U15 Boys	Semi Final
35	16.12	1500m	U15 Girls	Final
36	16.22	1500m	U15 Boys	Final
37	16.32	1500m	U20 Men	Final
38	16.50	200m	U15 Girls	Final
39	16.55	200m	U15 Boys	Final

Field				
Event No	Time	Event	Age	Round
40	9.55	Long Jump	U15 Girls	Final
41	10.05	High Jump	U20 Women	Final
42	10.10	Shot Putt	U20 Men	Final
43	11.15	Shot Putt	U15 Girls	Final
44	11.30	Pole Vault	U15 Boys	Final
45	11.30	Pole Vault	U15 Girls	Final
46	12.00	Triple Jump	U15 Boys	Final
47	12.00	Triple Jump	U15 Girls	Final
48	13.00	High Jump	U15 Boys	Final
49	13.45	Triple Jump	U20 Men	Final
50	14.00	High Jump	U20 Men	Final
51	14.30	Triple Jump	U20 Women	Final
52	14.45	Shot Putt	U15 Boys	Final
53	15.00	Long Jump	U15 Boys	Final
54	15.30	High Jump	U15 Girls	Final
SP, LJ, TJ, HJ - 2 warm up + best 8 to final rounds				