

Track				
No	Time	Event	Age	
	9.50	110m Hurdles	Sen/U20/Mast M CE	1
	10.00	100m Hurdles	U17M CE	1
	10.10	100m Hurdles	U17M	Rd 1
	10.15	100m Hurdles	Sen/U20W	Rd 1
	10.25	110m Hurdles	U20M	Rd 1
	10.30	110m Hurdles	Sen Men	Rd 1
	10.35	80m Hurdles	U15B	Rd 1
	10.45	80m Hurdles	U17W	Rd 1
	10.55	75m Hurdles	U13B	Rd 1
	11.05	75m Hurdles	U15G	Rd 1
	11.15	75m Hurdles	U15 Girls CE	2
	11.25	70m Hurdles	U13 Girls CE	2
	11.35	70m Hurdles	U13G	Rd 1
	11.45	400m Hurdles	Sen Men	Rd 1
	11.55	800m	Sen Women	Rd 1
	12.00	400m Hurdles	U17M	Rd 1
	12.10	300m Hurdles	U17W	Rd 1
Lunch				
	13.15	110m Hurdles	Sen Men	Rd 2
	13.25	110m Hurdles	U20M	Rd 2
	13.35	100m Hurdles	U17M	Rd 2
	13.45	100m Hurdles	Sen/U20W	Rd 2
	13.50	80m Hurdles	U15B	Rd 2
	14.00	80m Hurdles	U17W	Rd 2
	14.10	75m Hurdles	U13B	Rd 2
	14.20	75m Hurdles	U15G	Rd 2
	14.30	70m Hurdles	U13G	Rd 2
	14.50	400m Hurdles	Sen Men	Rd 2
	15.10	400m Hurdles	Sen Women	Rd 2
	15.20	400m Hurdles	U17M	Rd 2
	15.30	300m Hurdles	U17W	Rd 2
	15.40	800m	U17W CE	2
	15.50	800m	Sen/U20W CE	1
	16.00	800m	U13 Girls CE	1
	16.10	800m	U15 Girls CE	1
	16.20	1500m	Sen/U20/17/Mast M CE	1
FIELD				
Event No	Time	Event	Age	
	9.50	Long Jump	U15 Girls CE	
	10.00	High Jump	U13 Girls CE	SH 1.03
	10.45	Long Jump	U17W CE	
	10.45	Discus	Sen/U20/17/Mast M CE	
	11.40	Long Jump	Sen/U20W CE	
	12.00	High Jump	Mast M CE	
	12.30	Shot Putt	U15 Girls CE	
	12.30	Javelin	U17W CE	
	13.00	Pole Vault	Sen/U20/17M CE	
	13.15	Long Jump	U13 Girls CE	
	13.30	Javelin	Sen/U20W CE	
	14.30	High Jump	U15 Girls CE	SH 1.09
	14.30	Shot Putt	U13 Girls CE	
	15.00	Javelin	Sen/U20/17/Mast M CE	
2 Warm Up attempts will be permitted in each Field Event				