

Track				
Event No	Time	Event	Age	Round
	9.45	2000m SC	Open W	Final
	10.00	100m	SM U20M MM CE	
	10.08	100m	U17M CE	
	10.15	100m Hurdles	SW CE	
	10.20	100m Hurdles	U20W CE	
	10.25	80m Hurdles	U17 W CE	
	10.35	Hurdles	M M/W	Final
	10.45	80m Hurdles	U15 Boys CE	
	11.00	75m Hurdles	U13 Boys CE	
	11.15	100m	M M/W	Final
	11.35	800m	M M/W	Final
	12.10	200m	M M/W	Final
	12.30	3000m SC	Open M	Final
LUNCH				
	13.30	400m	M M/W	Final
	13.45	1500m	M M/W	Final
	14.30	200m	SW U20W CE	
	14.40	200m	U17W CE	
	15.00	800m	U13 Boys CE	
	15.40	800m	U15 Boys CE	
	15.45	400m	SM U20M MM CE	
	15.50	400m	U17M CE	
FIELD				
Event No	Time	Event	Age	
	10.00	Shot Putt	U15 Boys CE	
	10.00	High Jump	U13 Boys CE	SH 1m04
	10.00	Hammer	Masters M/W	
	10.40	Long Jump	SM U20M U17M MM5 CE	
	10.50	High Jump	SW U20W CE	
	11.30	Javelin	Masters M/W	
	11.50	High Jump	U17W CE	SH 1m18
	12.00	Shot Putt	SM U20M U17M MM CE	
	12.40	Long Jump	Masters M/W	
	12.40	Shot Putt	U13 Boys CE	
	13.00	High Jump	U15 Boys CE	SH 1m14
	13.15	Shot Putt	SW U20W CE	
	13.50	Shot Putt	U17W CE	
	14.00	Long Jump	U13 Boys CE	
	14.00	Discus	Masters M/W	
	14.15	High Jump	SM U20M U17M MM CE	SH 1m43
	14.40	Long Jump	U15 Boys CE	
	15.00	Triple Jump	Masters M/W	
	15.30	Shot Putt	Masters M/W	
	15.30	High Jump	Masters M/W	

**Warm Up - Min 2 Warm Up attempts**

**Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts**

Track				
Event No	Time	Event	Age	Round
	10.00	110m Hurdles	SM U20M CE	CE
	10.10	100m Hurdles	U17M M55 CE	CE
	10.15	100m Hurdles	SW / U20W	Rd 1
	10.25	110m Hurdles	U20M	Rd 1
		80m Hurdles	U15B	Rd 1
	10.30	80m Hurdles	U17W	Rd 1
	10.40	75m Hurdles	U13B	Rd 1
		75m Hurdles	U15G	Rd 1
	11.15	75m Hurdles	U15 Girls CE	CE
	11.25	70m Hurdles	U13 Girls CE	CE
	11.35	70m Hurdles	U13G	Rd 1
	11.55	400m Hurdles	U20W	Rd 1
		400m Hurdles	U17M	Rd 1
	12.05	300m Hurdles	U17W U15B U15G	Rd 1
Lunch				
	13.15	100m Hurdles	SW U20W	Rd 2
	13.25	110m Hurdles	U20M	Rd 2
		80m Hurdles	U15B	Rd 2
	13.35	80m Hurdles	U17W	Rd 2
	13.45	75m Hurdles	U13B	Rd 2
		75m Hurdles	U15G	Rd 2
	14.00	70m Hurdles	U13G	Rd 2
	14.30	400m Hurdles	U20W	Rd 2
		400m Hurdles	U17M	Rd 2
	14.45	300m Hurdles	U17W U15G	Rd 2
	15.40	800m	U17W CE	CE
	15.50	800m	SW U20W CE	CE
	16.00	800m	U13 Girls CE	CE
	16.10	800m	U15 Girls CE	CE
	16.30	1500m	U17M M55 CE	CE
	17.20	1500m	SM U20M CE	CE
FIELD				
Event No	Time	Event	Age	
	9.45	Long Jump	U15 Girls CE	
	10.00	High Jump	U13 Girls CE	SH 1m04
	10.45	Long Jump	U17W CE	
	10.45	Discus	SM U20M U17M MMCE	
	11.40	Long Jump	SW U20W CE	
	12.00	Pole Vault	U17M MM CE Mas M	Pool 1
	12.30	Shot Putt	U15 Girls CE	
	12.30	Javelin	U17W CE	
	13.15	Long Jump	U13 Girls CE	
	13.30	Javelin	SW U20W CE	
	14.00	Pole Vault	SM U20M CE	Pool 2
	14.30	High Jump	U15 Girls CE	SH 1m08
	14.30	Shot Putt	U13 Girls CE	
	15.00	Javelin	U17M M55 CE	
	16.00	Javelin	SM U20M CE	
Warm Up - Min 2 Warm Up attempts				