

This is a provisional timetable for entry information only, a FINAL timetable will be published on Friday 3rd August

Track				
Event No	Time	Event	Age Group	Round
	10.00	400m Hurdles	U17M	1
	10.10	300m Hurdles	U17W	1
	10.25	100m	U17M	1
	10.41	100m	U17W	1
	10.57	100m	SM	1
	11.20	800m	U17M	1
	11.36	800m	U17W	1
	11.48	800m	SM	1
	12.10	400m Hurdles	U17M	Final
	12.15	300m Hurdles	U17W	Final
	12.25	100m	Ambulant M/F	Final
	12.29	100m	U17M	Semi Final
	12.37	100m	U17W	Semi Final
	12.45	100m	SM	Semi Final
	12.58	100m	SW	1
	13.10	5000m	S/U20W	Final
Lunch				
	14.05	1500m SC	U17M	Final
	14.20	1500m	U17M	1
	14.41	1500m	U17W	1
	14.55	300m	U17W	1
	15.10	400m	SM	1
	15.26	400m	U17M	1
	15.38	400m	SW	1
	15.50	100m	U17M	Final
	15.55	100m	U17W	Final
	16.00	100m	SM	Final
	16.05	100m	SW	Final
	16.10	1500m	SM	1
	16.20	1500m	SW	1
	16.30	3000m SC	SM	Final
	16.50	800m	U17W	Semi Final
	17.00	800m	U17M	Semi Final
	17.10	400m	SM	Semi Final

If Heats not required FINALS will go at FINAL Time

Field				
Event No	Time	Event	Age Group	Round
	10.00	Hammer	U17M	Final
	10.05	Triple Jump	U17W	Final
	10.10	Shot Putt	SW	Final
	11.15	Discus	U17W	Final
	11.30	Pole Vault	U17M	Final
	12.00	Triple Jump	SM	Final
	12.20	High Jump	SW	Final
	12.45	Javelin	SM	Final
	14.15	Triple Jump	U17M	Final
	14.15	Discus	SW	Final
	14.30	Pole Vault	SM	Final
	15.15	Javelin	U17M	Final
	15.30	Triple Jump	SW	Final
	15.45	High Jump	U17W	Final
	16.25	Shot Putt	U17W	Final
	16.30	Hammer	SM	Final

Triple Jump Boards - U17W 7m/9m U17M 9m/11m/13m

Triple Jump Boards - SW 9m/11m SM 11m/13m

Min 2 Warm Up Attempts

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Event No	Time	Event	Age Group	Round
	10.00	400m Hurdles	SM	1
	10.10	400m Hurdles	SW	1
	10.20	200m	U17M	1
	10.36	200m	U17W	1
	10.56	200m	SM	1
	11.12	3000m SC	SW	Final
	11.30	110m Hurdles	SM	1
	11.40	100m Hurdles	U17M	1
	11.50	100m Hurdles	SW	1
	12.00	80m Hurdles	U17W	1
	12.10	300m	U17W	Final
	12.14	400m	WC RR M/F	Final
	12.18	400m	U17M	Final
	12.22	400m	SW	Final
	12.26	400m	SM	Final
	12.30	200m	U17M	Semi final
	12.38	200m	U17W	Semi final
	12.46	200m	SM	Semi final
	12.54	200m	SW	1
	13.02	400m Hurdles	SW	Final
	13.07	400m Hurdles	SM	Final
LUNCH				
	13.45	5000m	S/U20M	B Final
	14.10	80m Hurdles	U17W	Final
	14.15	100m Hurdles	SW	Final
	14.20	100m Hurdles	U17M	Final
	14.25	110m Hurdles	SM	Final
	14.35	5000m	S/U20M	A Final
	15.00	1500m SC	U17W	Final
	15.15	100m	WC RR M/F	Final
	15.25	800m	U17W	Final
	15.29	800m	U17M	Final
	15.34	800m	SM	Final
	15.39	800m	SW	Final
	15.43	200m	Ambulant M/F	Final
	15.50	200m	U17M	Final
	15.54	200m	U17W	Final
	15.58	200m	SW	Final
	16.02	200m	SM	Final
	16.06	1500m	U17W	Final
	16.14	1500m	U17M	Final
	16.22	1500m	SW	Final
	16.30	1500m	SM	Final

If Heats not required FINALS will go at FINAL Time

Field				
Event No.	Time	Event	Age Group	Heats
	9.50	Seated Discus/Shot/Club	M/F	Final
	9.55	Javelin	SW/U17W	Final
	10.00	Long Jump	U17W	Final
	11.55	High Jump	U17M	Final
	11.30	Hammer	SW	Final
	12.00	Shot Putt	Sen/U17M	Final
	12.00	Long Jump	SW	Final
	13.00	Hammer	U17W	Final
	13.35	Long Jump	SM	Final
	14.15	Pole Vault	SW/U17W	Final
	14.30	High Jump	SM	Final
	15.15	Long Jump	U17M	Final
	15.30	Discus	Sen/U17M	Final

Min 2 Warm Up Attempts