

TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00		High Jump	High Jump	High Jump	Long Jump	Long Jump
				Hammer	Hammer	Hammer
11.15			1500m	1500m	1500m	1500m
11.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
			Javelin	Javelin		
11.45	60m					
12.00		Long Jump	100m	100m	100m	100m
12.30	Standing Long Jump	80m	Discus	Discus	Discus	Discus
12.45						
13.00				Long Jump	400m (M)	400m
13.15				300m	300m (W)	
13.30		Shot Putt	Shot Putt		Javelin	Javelin
14.00	Shot Putt	150m	Long Jump		High Jump	High Jump
14.15			200m	200m	200m	200m
14.30				Shot Putt		
15.00	600m	600m		Triple Jump	Triple Jump	Triple Jump
					Shot Putt	Shot Putt
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements throughout the day.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.