All athletes must declare their intention to compete at least 60mins before the scheduled start time of their event

Track

Event No	Time	Event	Age Group	Round
1	10:00	300m Hurdles	U17 Women	1
2	10:15	100m	U17 Men	1
3	10:35	100m	U17 Women	1
4	10:55	100m	Sen Men	1
5	11:19	100m	Sen Women	1
6	11:35	800m	U17 Men	1
7	11:51	800m	U17 Women	1
8	12:07	800m	Sen Men	1
9	12:25	800m	Sen Women	1
10	12:35	300m Hurdles	U17 Women	Final
11	12:40	400m Hurdles	U17 Men	Final
12	12:45	100m	U17 Men	Semi Final
13	12:53	100m	U17 Women	Semi Final
14	13:01	100m	Sen Men	Semi Final
15	13:09	100m	Sen Women	Semi Final
16	13:17	100m	Ambulant Men/Women	Final
17	13:25	5000m	Sen / U20 Women	Final

Lunch

Event No	Time	Event	Age Group	Round
18	14:15	1500m SC	U17 Men	Final
19	14:23	1500m	U17 Men	1
20	14:38	1500m	U17 Women	1
21	14:53	300m	U17 Women	1
22	15:09	400m	Sen Men	1
23	15:25	400m	U17 Men	1
24	15:37	400m	Sen Women	1
25	15:45	100m	U17 Men	Final
26	15:50	100m	U17 Women	Final
27	15:54	100m	Sen Men	Final
28	15:58	100m	Sen Women	Final
29	16:02	100m	RR / WC	Final
30	16:06	1500m	Sen Men	1
31	16:21	1500m	Sen Women	1
32	16:36	3000m SC	Sen Men	Final

If Heats are not required FINALS will go at FINAL Time

Field

Event No	Time	Event	Age Group	Info
33	10:00	Discus	U17 Women	
34	11:30	Javelin	Sen Men	
34			U17 Men	
35	12:00	Pole Vault	U17 Men	2m70
35			Sen Men	3m70
36	12:30	Triple Jump	Sen Men	11m/13m
37	13:15	High Jump	Sen Women	1m42
38	14:00	Triple Jump	U17 Men	7m/9m
38			U17 Women	
39	14:15	Discus	Sen Women	
40	14:15	Shot Put	U17 Women	
41	15:15	High Jump	U17 Women	1m22
42	15:30	Triple Jump	Sen Women	9m/11m
43	15:30	Hammer	U17 Men	
43			Sen Men	
44	15:45	Shot Put	Sen Women	

Min 2 Warm Up Attempts

All athletes must declare their intention to compete at least 60mins before the scheduled start time of their event

Track

Event No	Time	Event	Age Group	Round
45	10:00	200m	U17 Women	1
46	10:20	200m	U17 Men	1
47	10:40	200m	Sen Women	1
48	10:56	200m	Sen Men	1
49	11:25	3000m SC	Sen Women	Final
50	11:45	100m Hurdles	Sen Women	1
51	11:55	80m Hurdles	U17 Women	1
52	12:05	5000m	U20 / Sen Men	Race 1
53	12:25	200m	U17 Women	Semi Final
54	12:33	200m	U17 Men	Semi Final
55	12:41	200m	Sen Women	Semi Final
56	12:49	200m	Sen Men	Semi Final
57	12:57	1500m SC	U17 Women	Final

Lunch

Event No	Time	Event	Age Group	Round
58	13:27	400m Hurdles	Sen Women	Final
59	13:50	400m Hurdles	Sen Men	Final
60	13:55	400m	Sen Men	Final
61	13:59	400m	U17 Men	Final
62	14:03	400m	Sen Women	Final
63	14:13	400m	RR/WC	Final
64	14:17	300m	U17 Women	Final
65	14:25	110m Hurdles	Sen Men	Final
66	14:30	100m Hurdles	U17 Men	Final
67	14:35	100m Hurdles	Sen Women	Final
68	14:40	80m Hurdles	U17 Women	Final
69	14:45	5000m	Sen Men	Race 2
70	15:05	800m	U17 Women	Final
71	15:10	800m	U17 Men	Final
72	15:15	800m	Sen Men	Final
73	15:20	800m	Sen Women	Final
74	15:25	200m	Ambulant Men/Women	Final
75	15:33	200m	U17 Men	Final
76	15:37	200m	Sen Women	Final
77	15:41	200m	U17 Women	Final
78	15:44	200m	Sen Men	Final
79	15:48	1500m	U17 Women	Final
80	15:58	1500m	U17 Men	Final
81	16:08	1500m	Sen Women	Final
82	16:18	1500m	Sen Men	Final

If Heats not required FINALS will go at FINAL Time

Field

Event No.	Time	Event	Age Group	Info
83	10:00	Hammer	U17 Women	
84	10:00	Long Jump	U17 Women	
85	10:55	High Jump	U17 Men	1m62
86	11:15	Hammer	Sen Women	
87	11:30	Long Jump	Sen Women	
88	11:30	Shot Put	Sen Men	
89	12:15	Seated Discus	Men / Women	
89		Seated Club		
89		Seated Javelin		
89		Seated Shot		
90	12:30	Shot Put	U17 Men	
91	13:00	Javelin	Sen Women	
91			U17 Women	
92	13:15	Long Jump	Sen Men	
93	13:15	Pole Vault	U17 Women	2m20
93			Sen Women	2m40
94	14:30	High Jump	Sen Men	1m67
95	14:50	Long Jump	U17 Men	
96	14:50	Discus	Sen Men	
97	15:50	Discus	U17 Men	

Min 2 Warm Up Attempts