

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	10:10	100m	U15 Girls	1
2	10:24	100m	U15 Boys	1
3	10:45	1500m	U15 Boys	1
4	11:00	1500m	U15 Girls	1
5	11:15	300m	U15 Girls	1
6	11:27	300m	U15 Boys	1
7	11:35	100m	U15 Girls	Semi Final
8	11:47	100m	U15 Boys	Semi Final
9	12:00	800m	U15 Girls	1
10	12:20	800m	U15 Boys	1
11	12:30	800m	U20 Women	1
12	12:40	800m	U20 Men	1
LUNCH				
13	13:30	400m Hurdles	U20 M/W	Final
14	13:35	100m	U15 Girls	Final
15	13:39	100m	U15 Boys	Final
16	13:50	300m	U15 Girls	Final
17	13:54	300m	U15 Boys	Final
18	13:58	200m	U15 Girls	1
19	14:22	200m	U15 Boys	1
20	14:38	200m	U20 Women	1
21	14:52	200m	U20 Men	1
22	15:10	1500m	U15 Boys	Final
23	15:17	1500m	U15 Girls	Final
24	15:30	80m Hurdles	U15 Boys	Final
25	15:35	75m Hurdles	U15 Girls	1
26	15:50	200m	U15 Girls	Semi Final
27	16:02	200m	U15 Boys	Semi Final
28	16:10	200m	U20 Men	Semi Final
29	16:18	200m	U20 Women	Semi Final
30	16:26	800m	U15 Girls	Final
31	16:31	800m	U15 Boys	Final
32	16:36	800m	U20 Women	Final
33	16:41	800m	U20 Men	Final
34	16:46	75m Hurdles	U15 Girls	Final
35	16:51	200m	U15 Girls	Final
36	16:54	200m	U15 Boys	Final
37	16:58	200m	U20 Men	Final
38	17:02	200m	U20 Women	Final
If Heats are not required Finals will go at HEAT time				

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Field				
Event No.	Time	Event	Age Group	Info
39	10:00	Hammer	U15 Girls/Boys	
40	10:00	Long Jump	U15 Boys	
41	10:00	High Jump	U15 Girls	1m24
42	10:45	Long Jump	U20 Men	
43	11:00	Pole Vault	U20 Women/Men	2m50
44	11:30	High Jump	U15 Boys	1m29
45	11:30	Javelin	U20 Women/Men	
46	12:30	Long Jump	U15 Girls	
47	13:00	High Jump	U20 Women	1m37
48	13:15	Javelin	U15 Girls/Boys	
49	14:45	Shot Put	U15 Girls	
50	14:45	Triple Jump	U15 B/G	7m/9m
51	14:45	Discus	U15 Boys	
52	16:00	Shot Put	U15 Boys	
53	16:00	Discus	U15 Girls	

**U15 Triple Jump - Maximum Run Up 22m
Minimum 2 Warm Up Attempts**

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Event No	Time	Event	Age Group	Round
54	10:00	100m	U13 Girls	1
55	10:16	100m	U20 Men	1
56	10:32	100m	U20 Women	1
57	10:48	100m	U13 Boys	1
58	11:10	1500m SC	U20 Women	Final
59	11:24	100m	U13 Girls	Semi final
60	11:32	100m	U20 Men	Semi final
61	11:40	100m	U20 Women	Semi final
62	11:50	400m	U20 Women	1
63	12:02	400m	U20 Men	1
64	12:14	1500m	U20 Women	1
65	12:29	1500m	U20 Men	1
66	12:34	100m	U13 Boys	Final
67	12:38	100m	U20 Women	Final
68	12:42	100m	U20 Men	Final
69	12:46	100m	U13 Girls	Final
70	12:50	2000m SC	U20 Men	Final
LUNCH				
71	13:30	400m	U20 Women	Final
72	13:34	400m	U20 Men	Final
73	13:40	200m	U13 Girls	1
74	13:56	200m	U13 Boys	1
75	14:05	800m	U13 Girls	Timed Final
76	14:20	800m	U13 Boys	Timed Final
77	14:35	110m Hurdles	U20 Men	Final
78	14:40	100m Hurdles	U20 Women	1
79	14:50	75m Hurdles	U13 Boys	Final
80	14:55	70m Hurdles	U13 Girls	1
81	15:05	200m	U13 Girls	Semi final
82	15:15	200m	U13 Boys	Final
83	15:20	1500m	U13 Girls	Timed Final
84	15:35	1500m	U13 Boys	Timed Final
85	15:50	1500m	U20 Women	Final
86	16:00	1500m	U20 Men	Final
87	16:15	200m	U13 Girls	Final
88	16:20	100m Hurdles	U20 Women	Final
89	16:25	70m Hurdles	U13 Girls	Final
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Field				
Event No	Time	Event	Age Group	Round
90	10:00	Hammer	U20 Women/Men	
91	10:00	High Jump	U13 Girls	1m12
92	10:00	Long Jump	U13 Boys	
93	10:45	Triple Jump	U20 Women	7m/9m
94	11:30	Shot Put	U13 Boys	
95	11:30	High Jump	U13 Boys	1m12
96	11:45	Javelin	U13 Girls	
97	12:15	Long Jump	U13 Girls	
98	12:30	Shot Put	U20 Women/Men	
99	13:15	Discus	U13 Girls/Boys	
100	13:45	Javelin	U13 Boys	
101	13:45	High Jump	U20 Men	1m67
102	14:00	Triple Jump	U20 Men	9m/11m
103	15:00	Shot Put	U13 Girls	
104	15:00	Long Jump	U20 Women	
105	15:00	Discus	U20 Women/Men	
Minimum 2 Warm Up Attempts				