

TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00					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	Standing Long Jump					
12.00		Long Jump	100m	100m	100m	100m
12.30		80m			Javelin	Javelin
12.45	60m		High Jump	High Jump		
13.00					400m (M)	400m
13.15		Shot Put	Shot Put	300m	300m (W)	
13.30				Long Jump		Mile
14.00	Shot Put	150m			High Jump	High Jump
				Discus	Discus	Discus
14.15			200m	200m	200m	200m
14.30			Long Jump			
14.45	600m	600m			Softball (D)	Softball (D)
15.00			800m	800m	800m	800m
				Shot Put	Shot Put	Shot Put
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.