Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.					
Straight Track					
Event No	Warm Up Open	Event Time	Event	Age Group	Round
1	08:30	10:00	60m	U15 Girls	1
2	08:54	10:24	60m	U15 Boys	1
3	09:10	10:40	60m	U20 Women	1
4	09:30	11:00	60m	U20 Men	1
5	09:50	11:20	60m Hurdles	U15 Girls	1
6	10:10	11:40	60m	U15 Girls	Semi Final
7	10:22	11:52	60m	U15 Boys	Semi Final
8	10:30	12:00	60m	U20 Women	Semi Final
9	10:42	12:12	60m	U20 Men	Semi Final
10	10:55	12:25	60m Hurdles	U15 Girls	Final
11	11:00	12:30	60m Hurdles	U15 Boys	Final
12	11:18	12:48	60m	U15 Girls	Final
13	11:21	12:51	60m	U15 Boys	Final
14	11:24	12:54	60m	U20 Women	Final
15	11:27	12:57	60m	U20 Men	Final
	All heat lis	sts will be d	vill take preceden lisplayed ONLINE. F required FINALS	lease check for re	port time.
	All heat lis	sts will be d		lease check for re will go at HEAT	port time.
Event No	All heat lis	sts will be d	lisplayed ONLINE. F required FINALS	lease check for re will go at HEAT	port time.
	All heat lis If hea Warm Up	sts will be d its are not Event	lisplayed ONLINE. F required FINALS Circular Tra	Please check for re will go at HEAT CK	port time. time.
No	All heat lis If hea Warm Up Open	ets will be d tts are not Event Time	lisplayed ONLINE. F required FINALS Circular Tra Event	Please check for re will go at HEAT ck Age Group	port time. time. Round
No 16	All heat lis If hea Warm Up Open 11:02	Event Time	lisplayed ONLINE. F required FINALS Circular Tra Event	Please check for re will go at HEAT ck Age Group U15 Girls	port time. time. Round
No 16 17	All heat lis If hea Warm Up Open 11:02 11:30	Event Time 12:32 13:00	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m	Please check for re will go at HEAT ck Age Group U15 Girls U15 Girls	port time. time. Round
No 16 17 18	All heat lis If heat Warm Up Open 11:02 11:30 11:42	Event Time 12:32 13:00 13:12	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m	Age Group U15 Girls U15 Boys	port time. time. Round 1 1 1 1
No 16 17 18 19	All heat lis If hea Warm Up Open 11:02 11:30 11:42 11:50	Event Time 12:32 13:00 13:12 13:20	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m	Age Group U15 Girls U15 Girls U15 Boys U20 Women	port time. time. Round 1 1 1 1 1
No 16 17 18 19 20 	All heat lis If hea Warm Up Open 11:02 11:30 11:42 11:50 12:02	Event Time 12:32 13:00 13:12 13:20 13:32	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 800m	Age Group U15 Girls U15 Girls U15 Boys U20 Women U20 Men	port time. time. Round 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22 23	All heat lis If heat Up Open 11:02 11:30 11:42 11:50 12:02 12:15	Event Time 12:32 13:00 13:12 13:20 13:32 13:45	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 800m 200m	Age Group U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls	Pport time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22	All heat lis If heat Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:00 13:20	Event Time 12:32 13:00 13:12 13:20 13:32 13:45 14:10	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 800m 200m 200m	Age Group U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls	Pport time. time. Round 1 1 1 1 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22 23 24 25	All heat lis If hea Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:00	Event Time 12:32 13:00 13:12 13:20 13:32 13:45 14:10 14:30	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 800m 200m 200m 300m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls	Pport time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22 23 24 25 26	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:25 13:30	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:30 14:55 15:00	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 300m 800m 800m 800m 800m 800m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 5 inal Final Final Final
No 16 17 18 19 20 21 22 23 24 25	All heat lis If hea Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:00 13:20 13:25 13:30 13:34	Event Time 12:32 13:00 13:12 13:20 13:32 13:45 14:10 14:50 14:55	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 300m 800m 800m 800m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 5 inal Final
No 16 17 18 19 20 21 22 23 24 25 26 27 28	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39	Event Time 12:32 13:00 13:12 13:20 13:32 13:45 14:10 14:30 14:55 15:00 15:04 15:09	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 200m 300m 800m 800m 800m 800m 800m 800m 8	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 5 inal Final Final Final Final Semi Final
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39 13:51	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:50 14:55 15:00 15:04 15:09 15:21	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 300m 800m 800m 800m 800m 800m 800m 8	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U20 Women U20 Men U15 Girls U15 Boys U20 Women U20 Men U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 5 inal Final Final Final Final Semi Final Semi Final
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39 13:51 14:03	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:50 14:50 14:55 15:00 15:04 15:09 15:21 15:33	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 300m 800m 800m 800m 800m 800m 800m 8	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 5 inal Final Final Final Final Semi Final Semi Final Semi Final
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39 13:51 14:03 14:11	Event Time 12:32 13:00 13:12 13:20 13:32 13:45 14:10 14:30 14:55 15:00 15:04 15:04 15:09 15:21 15:33 15:41	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 200m 300m 800m 800m 800m 800m 800m 1500m 1500m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Boys U20 Women U20 Men U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 5 1 1 5 1 5 1 5
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39 13:51 14:03 14:11 14:20	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:50 14:55 15:00 15:04 15:09 15:21 15:33 15:41 15:50	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 200m 300m 800m 800m 800m 800m 800m 1500m 1500m 1500m 300m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U20 Women U20 Men U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:25 13:30 13:34 13:39 13:51 14:03 14:11 14:20 14:25	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:50 14:55 15:00 15:04 15:09 15:21 15:33 15:41 15:50 15:55	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 200m 300m 800m 800m 800m 800m 300m 1500m 1500m 1500m 300m 300m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U20 Women U20 Men U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
No 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32	All heat lis If heat Warm Up Open 11:02 11:30 11:42 11:50 12:02 12:15 12:40 13:20 13:20 13:25 13:30 13:34 13:39 13:51 14:03 14:11 14:20	Event Time 12:32 13:00 13:12 13:20 13:45 14:10 14:50 14:55 15:00 15:04 15:09 15:21 15:33 15:41 15:50	lisplayed ONLINE. F required FINALS Circular Tra Event 1500m 800m 800m 800m 200m 200m 200m 300m 800m 800m 800m 800m 800m 1500m 1500m 1500m 300m	Age Group U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U15 Girls U20 Women U20 Men U15 Girls U15 Girls	port time. time. Round 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1



Straight Track will take precedence over Circular Track All heat lists will be displayed ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.



Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.							
	Field						
Event No	Warm Up Open	Event Time	Event	Age	Info		
36	08:30	10:00	High Jump	U15 Boys	SH 1m29		
37	08:30	30 10:00	Long Jump	U15 Girls	Pool 1 IN		
57	00.50	10.00	Long Jump	015 Gills	Pool 2 OUT		
38	08:30	10:00	Shot Put	U20 Men			
39	10:00	11:30	Shot Put	U15 Girls			
40	10:00	11:30	Triple Jump	U15 Boys	22m Run Up		
-10	10.00	11.00	mpic oump	U15 Girls	7m/9m		
41	10:30	12:00	Pole Vault	U15 Girls	SH 2m01		
42	11:00	12:30	Triple Jump	U20 Men	11m/13m		
43	12:10	13:40	Triple Jump	U20 Women	9m/11m		
44	12:10	13:40	High Jump	U20 Men	SH 1m68		
45	12:30	14:00	Shot Put	U15 Boys			
46	13:30	15:00	Long Jump	U15 Boys			
47	13:30	15:00	High Jump	U15 Girls	SH 1m24		

All Shot competitions will be held in corner outside back straight . Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts High Jump - Minimum 2 Heights in Warm Up Only



Athletes must declare their intention to compete a minimum of 60mins before the
scheduled start time of each of their events.

Straight Track						
Event No	Warm Up Open	Event Time	Event	Age Group	Round	
48	08:30	10:00	60m	U13 Girls	1	
49	08:55	10:25	60m Hurdles	U13 Girls	1	
50	09:05	10:35	60m Hurdles	U20 Women	1	
51	09:15	10:45	60m	U13 Boys	1	
52	09:30	11:00	60m	U13 Girls	Semi Final	
53	09:45	11:15	60m Hurdles	U13 Girls	Final	
54	09:50	11:20	60m Hurdles	U13 Boys	Final	
55	09:55	11:25	60m Hurdles	U20 Women	Final	
56	10:00	11:30	60m Hurdles	U20 Men	Final	
57	10:18	11:48	60m	U13 Girls	Final	
58	10:22	11:52	60m	U13 Boys	Final	

Straight Track will take precedence over Circular Track All heat lists will be displayed ONLINE. Please check for report time.

If heats are not required FINALS will go at HEAT time.

Circular Track					
Event No	Warm Up Open	Event Time	Event	Age Group	Round
59	10:03	11:33	1500m	U20 Men	1
60	10:20	11:50	200m	U20 Men	1
61	10:40	12:10	200m	U20 Women	1
62	11:00	12:30	200m	U13 Girls	1
63	11:24	12:54	400m	U20 Women	1
64	11:36	13:06	400m	U20 Men	1
65	11:48	13:18	800m	U13 Girls	Timed Finals
66	12:03	13:33	800m	U13 Boys	Timed Finals
67	12:18	13:48	200m	U13 Boys	1
68	12:30	14:00	200m	U20 Men	Semi Final
69	12:42	14:12	200m	U20 Women	Semi Final
70	12:54	14:24	200m	U13 Girls	Semi Final
71	13:06	14:36	1500m	U13 Girls	Timed Finals
72	13:21	14:51	1500m	U13 Boys	Timed Finals
73	13:36	15:06	1500m	U20 Women	Final
74	13:43	15:13	1500m	U20 Men	Final
75	13:50	15:20	400m	U20 Women	Final
76	13:54	15:24	400m	U20 Men	Final
77	13:58	15:28	200m	U20 Men	Final
78	14:02	15:32	200m	U20 Women	Final
79	14:06	15:36	200m	U13 Boys	Final
80	14:10	15:40	200m	U13 Girls	Final

Straight Track will take precedence over Circular Track



All heat lists will be ONLINE. Please check for report time. If heats are not required FINALS will go at HEAT time.



Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.							
	Field						
Event No	Warm Up Open	Event Time	Event	Age Group	Info		
81	08:30	10:00	Long Jump	U20 Women			
82	08:30	10:00	Shot Put	U13 Girls			
83	10:00	11:30	Shot Put	U13 Boys			
84	10:00	11:30	Long Jump	U20 Men			
85	10:00	11:30	Pole Vault	U20 Women	SH 2m29		
86	11:15	1:15 12:45	Long Jump	U13 Girls	Pool 1 IN		
00	11.10	12.40	Long oump		Pool 2 OUT		
87	11:30	13:00	High Jump	U13 Boys	SH 1m17		
88	11:30	13:00	High Jump	U20 Women	SH 1m39		
89	12:30	14:00	Pole Vault	U20 Men	SH 3m19		
90	12:45	14:15	High Jump	U13 Girls	SH 1m24		
91	13:00	14:30	Long Jump	U13 Boys			
92	13:15	14:45	Shot Put	U20 Women			

All Shot competitions will be held in corner outside back straight . Horizontal Jumps & Shot Put - Minimum 2 Warm Ups 3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts High Jump - Minimum 2 Heights in Warm Up Only



