

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

**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
16	11:02	12:32	1500m	U15 Girls	1
17	11:30	13:00	800m	U15 Girls	1
18	11:42	13:12	800m	U15 Boys	1
19	11:50	13:20	800m	U20 Women	1
20	12:02	13:32	800m	U20 Men	1
21	12:15	13:45	200m	U15 Girls	1
22	12:40	14:10	200m	U15 Boys	1
23	13:00	14:30	300m	U15 Girls	1
24	13:20	14:50	800m	U15 Girls	Final
25	13:25	14:55	800m	U15 Boys	Final
26	13:30	15:00	800m	U20 Women	Final
27	13:34	15:04	800m	U20 Men	Final
28	13:39	15:09	200m	U15 Girls	Semi Final
29	13:51	15:21	200m	U15 Boys	Semi Final
30	14:03	15:33	1500m	U15 Girls	Final
31	14:11	15:41	1500m	U15 Boys	Final
32	14:20	15:50	300m	U15 Girls	Final
33	14:25	15:55	300m	U15 Boys	Final
34	14:30	16:00	200m	U15 Girls	Final
35	14:34	16:04	200m	U15 Boys	Final

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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	10:00	Long Jump	U15 Girls	Pool 1 IN
					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 7m/9m
				U15 Girls	
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

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### 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

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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	12:45	Long Jump	U13 Girls	Pool 1 IN
					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