

# TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.15					Long Jump	Long Jump
11.30	Standing Long Jump		1500m	1500m	1500m	1500m
			Javelin	Javelin		
12.00	Shot Put	Long Jump (G)	100m	100m	100m	100m
12.30		80m			Javelin	Javelin
12.35		Long Jump (B)				
13.00					400m (M)	400m
13.15		Shot Put		300m	300m (W)	
13.30			High Jump	High Jump	High Jump	High Jump
				Long Jump		
13.45	60m		Shot Put			
14.00		150m				
14.15			200m	200m	200m	200m
				Discus	Discus	Discus
14.30			Long Jump			
14.45	600m	600m		Shot Put	Shot Put	Shot Put
15.00			800m	800m	800m	800m
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.