

Timetable Match 1**TRACK**

| | | |
|---------|--------------|----------------------|
| 11.00am | 110m Hurdles | U20 /Sen Men |
| 11:10am | 100m Hurdles | U17M |
| 11:20am | 100 Hurdles | Senior / U20 W |
| 11:25am | 80m Hurdles | U17W |
| 11:40am | 800m | Senior/U20/U17 Men |
| 12:05pm | 800m | Senior U20/U17 Women |

12:25pm **Lunch**

| | | |
|---------|---------------|----------------------|
| 13:00pm | 100m – Pool 1 | Senior/U20/U17 Men |
| 13:35pm | 100m – Pool 2 | Senior/U20/U17 Men |
| 13:50pm | 100m | Senior/U20/U17 Women |
| 14:35pm | 1500m | U17/U20/Senior Women |
| 14:50pm | 1500m | U17/U20/Senior Men |
| 15:10pm | 5000m | U20/Sen Men |
| 15:30pm | 300m | U17 Women |
| 15:55pm | 400m | U17 Men |
| 16:10pm | 400m | U20/Senior Women |
| 16:25pm | 400m | U20/Senior Men |
| 16:45pm | 2000m SC | U18/U20/Senior Women |

FIELD

| | | |
|---------|-----------|-----------------|
| 11:00am | Long Jump | U20/Sen Women |
| | Discus | U17 Men |
| | Shot | U20/Sen Men |
| | High Jump | U20/Sen Men |
| 12:30pm | Long Jump | U17 Women |
| | Shot | U17 Men |
| | High Jump | U17 Men |
| | Discus | U20/Sen Women |
| 14:00pm | Long Jump | U17 Men |
| | Discus | U20/Sen Men |
| | Shot | U17 Women |
| 15:15pm | Discus | U17 Women |
| | | U20/Sen Women |
| | Shot | + 8 U17 W |
| | | U20/Sen Men + 9 |
| | Long Jump | U17M |
| | High Jump | All Women |