

Timetable Match 3**TRACK**

11:00am	110m Hurdles	U20 /Sen Men
11:10am	100m Hurdles	U17M
11:20am	100 Hurdles	Senior / U20 W
11:30am	80m Hurdles	U17W
11:45am	800m	Senior/U20/U17 Men
12:10pm	800m	Senior/U20/U17 Women
12:25pm	100m	Senior/U20/U17 Men
13:15pm	3000m	U17/U20/Senior Women

LUNCH

14:00pm	100m	Senior/U20/U17 Women
14:40pm	Mile	U17/U20/Senior Women
14:55pm	Mile	U17/U20/Senior Men
15:15pm	300m	U17 Women
15:30pm	400m	U17 Men
15:45pm	400m	U20/Senior Women
16:00pm	400m	U20/Senior Men

FIELD

11:00am	Long Jump	U20/Senior Women
	Hammer	All Women
	Shot	U17 Men
	High Jump	All Men
12:30pm	Long Jump	U20/Sen Men
	Shot	U17 Women
	High Jump	U20/Sen Women
	Hammer	All Men
14:00pm	Long Jump	U17 Men
	Discus	All Women
	Shot	U20/Senior Men
	High Jump	U17 Women
15:15pm	Discus	All Men
	Shot	U20/Sen Women
	Long Jump	U17 Women