

Timetable Match 4**TRACK**

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|---------|--------------|----------------------|
| 11:00am | 300m Hurdles | U17 Women |
| 11:10am | 400m Hurdles | U20/Senior Women |
| 11:20am | 400m Hurdles | U17 Men |
| 11:25am | 400 Hurdles | U20 / Senior Men |
| 11:30am | 200m | Senior/U20/U17 Men |
| 12:10pm | 200m | Senior/U20/U17 Women |
| 12:45pm | 800m | All Men |
| 13:05pm | 800m | All Women |
| 13:20pm | | LUNCH |
| 13:50pm | 3000m | All Men |
| 14:05pm | 100m | Senior/U20/U17 Men |
| 14:45pm | 100m | Senior/U20/U17 Women |
| 15:15pm | 1500m | Senior/U20/U17 Men |
| 15:30pm | 1500m | Senior/U20/U17 Women |
| 15:50pm | 300m | U17 Women |
| 16:10pm | 400m | Senior/U20/U17 Men |
| 16:30pm | 400m | Senior/U20 Women |

FIELD

| | | |
|---------|-------------|---------------|
| 11:00am | Long Jump | U17 Women |
| | Javelin | All Women |
| | Shot | U17 Men |
| 11:45am | Pole Vault | All Men/Women |
| 12:30pm | Javelin | All Men |
| | Long Jump | Sen/U20 Women |
| | Shot | U17 Women |
| | High Jump | All Men |
| 14:00pm | Long Jump | All Men |
| | Shot | U20/Sen Men |
| | Discus | All Women |
| | High Jump | All Women |
| 15:15pm | Shot | U20/Sen Women |
| | Triple Jump | All Men/Women |
| 15:30pm | Discus | All Men |

| | | |
|---------|-------|----------------------|
| 15:15pm | 1500m | Senior/U20/U17 Men |
| 15:30pm | 1500m | Senior/U20/U17 Women |
| 15:50pm | 300m | U17 Women |
| 15:10pm | 400m | Senior/U20/U17 Men |
| 15:30pm | 400m | Senior/U20 Women |