

Athletes must declare their intention to compete at least 60mins before their scheduled start time.

Straight Track				
Event No	Time	Event	Age Group	Round
10/1	10:00	60m	Men	1
11/1	10:28	60m	U18 Women	1
12/1	10:48	60m	U18 Men	1
13/1	11:00	60m	Women	1
14/1	11:35	60m Hurdles	U18 Women	1
15/1	11:45	60m Hurdles	Women	1
10/2	12:10	60m	Men	Semi Final
11/2	12:22	60m	U18 Women	Semi Final
12/2	12:30	60m	U18 Men	Semi Final
13/2	12:38	60m	Women	Semi Final
14/2	12:45	60m Hurdles	U18 Women	Final
15/2	12:50	60m Hurdles	Women	Final
16	12:55	60m Hurdles	U18 Men	Final
17	13:00	60m Hurdles	Men	Final
10/3	13:10	60m	Men	Final
11/3	13:14	60m	U18 Women	Final
12/3	13:18	60m	U18 Men	Final
13/3	13:22	60m	Women	Final

Straight Track will take precedence over Circular Track
If heats are not required FINALS will go at HEAT time.

Circular Track				
Event No	Time	Event	Age Group	Round
20/1	11:05	400m	U18 Women	1
21/1	11:25	400m	U18 Men	1
22/1	11:35	400m	Women	1
23/1	11:55	400m	Men	1
24/1	12:15	800m	U18 Women	1
25/1	12:23	800m	U18 Men	1
26/1	12:31	800m	Women	1
27/1	12:43	800m	Men	1
28/1	12:58	1500m	U18 Men	1
29/1	13:12	1500m	Women	1
30/1	13:26	1500m	Men	1
31/1	13:40	200m	U18 Women	1
32/1	14:04	200m	U18 Men	1
33/1	14:24	200m	Women	1
34/1	14:56	200m	Men	1
20/2	15:30	400m	U18 Women	Final
21/2	15:34	400m	U18 Men	Final
22/2	15:38	400m	Women	Final
23/2	15:44	400m	Men	Final
31/2	15:48	200m	U18 Women	Semi Final
32/2	16:00	200m	U18 Men	Semi Final
33/2	16:06	200m	Women	Semi Final
34/2	16:18	200m	Men	Semi Final
24/2	16:30	800m	U18 Women	Final
25/2	16:35	800m	U18 Men	Final
26/2	16:40	800m	Women	Final
27/2	16:45	800m	Men	Final
35	16:50	1500m	U18 Women	Final
28/2	16:58	1500m	U18 Men	Final
29/2	17:06	1500m	Women	Final
30/2	17:14	1500m	Men	Final
31/3	17:25	200m	U18 Women	Final
32/3	17:29	200m	U18 Men	Final
33/3	17:34	200m	Women	Final
34/3	17:38	200m	Men	Final

All heat lists will be displayed ONLINE. Please check for report time.
If heats are not required FINALS will go at HEAT time.

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Field

Event No	Time	Event	Age Group	Round	Area	
40	10:00	Long Jump	U18 Women	Final		
41	10:30	Pole Vault	Women	Final		SH 2m14
			U18 Women	Final		SH 1m99
42	11:30	Long Jump	U18 Men	Final		
43	11:30	Shot Put	Men	Final		
			U18 Men	Final		
46	12:45	Long Jump	Men	Final		
45	12:45	Shot Put	Women	Final		
44	14:15	Long Jump	Women	Final		
47	14:30	Pole Vault	Men	Final		SH 3m69
			U18 Men	Final		SH 2m49
48	14:30	High Jump	Men	Final	60St	SH 1m79
			U18 Men	Final	60St	SH 1m54
49	15:30	Triple Jump	Women	Final	In	9m/11m
			U18 Women	Final	Out	7m/9m/11m
50	15:55	Shot Put	U18 Women	Final		
51	16:00	High Jump	Women	Final	60F	SH 1m44
			U18 Women	Final	60St	SH 1m34
52	16:45	Triple Jump	Men	Final	In	11m/13m
			U18 Men	Final	Out	9m/11m

All Shot competitions will be held in corner outside back straight
 Horizontal Jumps & Shot Put - Minimum 2 Warm Up attempts,
 with 3 attempts in Competition, top 8 advance for additional 3 attempts
 High Jump - Minimum 2 Heights in Warm Up with 5cm increments
 Pole Vault progression - 15cm increments