

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Track				
Event No	Time	Event	Age Group	Round
1	10.00	100m	U13 Girls	1
2	10.25	100m	U20 Women	1
3	10.45	400m	U20 Women	1
4	11.00	400m	U20 Men	1
5	11.15	100m	U13 Boys	1
6	11.23	100m	U20 Men	1
7	11.35	100m	U13 Girls	Semi Final
8	11.47	100m	U20 Women	Semi Final
9	12.10	800m	U13 Girls	Timed Final
10	12.25	800m	U13 Boys	Timed Final
11	12.45	100m	U13 Boys	Final
12	12.50	100m	U20 Men	Final
13	12.55	100m	U13 Girls	Final
14	13.00	100m	U20 Women	Final
LUNCH				
15	13.45	1500m	U20 Men	1
16	14.05	70m Hurdles	U13 Girls	1
17	14.15	75m Hurdles	U13 Boys	Final
18	14.20	100m Hurdles	U20 Women	1
19	14.30	110m Hurdles	U20 Men	Final
20	14.40	400m	U20 Women	Final
21	14.45	400m	U20 Men	Final
22	14.50	200m	U13 Boys	1
23	15.00	200m	U13 Girls	1
24	15.15	1500m	U13 Girls	Timed Final
25	15.35	1500m	U13 Boys	Timed Final
26	15.55	1500m	U20 Women	Final
27	16.05	1500m	U20 Men	Final
28	16.20	70m Hurdles	U13 Girls	Final
29	16.25	100m Hurdles	U20 Women	Final
30	16.30	200m	U13 Boys	Final
31	16.35	200m	U13 Girls	Final

If Heats not required Finals will go at HEAT time

Field				
Event No	Time	Event	Age Group	Info
32	10.00	Hammer	U20 Women	
32	10.00	Hammer	U20 Men	
33	10.00	High Jump	U13 Girls	1m12
34	10.00	Long Jump	U13 Boys	
35	11.15	Shot Put	U13 Boys	
36	11.15	Javelin	U13 Girls	
37	11.15	Triple Jump	U20 Women	7m/9m
38	12.30	Discus	U13 Boys	
39	12.45	Long Jump	U13 Girls	
40	12.45	Shot Put	U20 Women	
40	12.45	Shot Put	U20 Men	
41	13.45	High Jump	U20 Men	1m67
42	13.45	Shot Put	U13 Girls	
43	13.45	Javelin	U13 Boys	
44	14.30	Triple Jump	U20 Men	9m/11m/13m
45	15.00	High Jump	U13 Boys	1m12
46	15.00	Discus	U13 Girls	
47	15.30	Long Jump	U20 Women	
48	15.45	Discus	U20 Women	
48	15.45	Discus	U20 Men	

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Track				
Event No	Time	Event	Age Group	Round
49	10.00	100m	U15 Girls	1
50	10.20	1500m	U15 Boys	1
51	10.40	1500m	U15 Girls	1
52	11.00	300m	U15 Girls	1
53	11.20	100m	U15 Boys	1
54	11.35	100m	U15 Girls	Semi Final
55	11.45	800m	U15 Girls	1
56	12.00	800m	U15 Boys	1
57	12.15	800m	U20 Women	1
58	12.25	800m	U20 Men	1
59	12.45	2000m SC	U20 Men	Final
60	13.00	100m	U15 Boys	Final
61	13.05	100m	U15 Girls	Final
LUNCH				
62	13.45	400m Hurdles	U20 Men	Final
63	13.50	400m Hurdles	U20 Women	Final
64	14.00	300m	U15 Girls	Semi Final
65	14.10	300m	U15 Boys	1
66	14.20	200m	U15 Girls	1
67	14.40	200m	U20 Women	1
68	15.00	1500m	U15 Boys	Final
69	15.10	1500m	U15 Girls	Final
70	15.25	80m Hurdles	U15 Boys	Final
71	15.35	75m Hurdles	U15 Girls	1
72	15.50	200m	U15 Boys	1
73	16.05	200m	U20 Men	1
74	16.20	200m	U15 Girls	Semi Final
75	16.35	200m	U20 Women	Semi Final
76	16.45	300m	U15 Girls	Final
77	16.50	300m	U15 Boys	Final
78	16.55	800m	U15 Girls	Final
79	17.00	800m	U15 Boys	Final
80	17.05	800m	U20 Women	Final
81	17.10	800m	U20 Men	Final
82	17.15	75m Hurdles	U15 Girls	Final
83	17.20	200m	U15 Boys	Final
84	17.24	200m	U20 Men	Final
85	17.28	200m	U15 Girls	Final
86	17.32	200m	U20 Women	Final

If Heats not required Finals will go at HEAT time

Field				
Event No.	Time	Event	Age Group	Info
87	10.00	Hammer	U15 Girls	
88	10.00	Long Jump	U15 Boys	
89	10.00	High Jump	U15 Girls	1m24
90	11.00	Pole Vault	U20 Women	2m01
90	11.00	Pole Vault	U15 Girls	2m01
90	11.00	Pole Vault	U15 Boys	2m01
91	11.00	Hammer	U15 Boys	
92	11.30	Long Jump	U20 Men	
93	12.00	High Jump	U15 Boys	1m29
94	12.00	Discus	U15 Girls	
95	13.00	Long Jump	U15 Girls	
96	13.00	Javelin	U15 Boys	
97	14.00	Pole Vault	U20 Men	3m32
98	14.00	Shot Put	U15 Girls	
99	14.15	Javelin	U20 Women	
100	14.15	Javelin	U20 Men	
101	14.30	Triple Jump	U15 Boys	Max 15m 7m/9m
102	15.00	Shot Put	U15 Boys	
103	15.30	High Jump	U20 Women	1m37
104	15.45	Javelin	U15 Girls	
105	16.00	Triple Jump	U15 Girls	Max 15m 7m/9m
106	16.30	Discus	U15 Boys	

Triple Jump - U15B U15G 7m/9m Max Run Up 15m
Min 2 Warm Up Attempts