

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

Straight Track

Event No	Time	Event	Age Group	Round
1	10.00	60m	U13 Boys	1
2	10.20	60m	U13 Girls	1
3	10.50	60m Hurdles	U20 Women	1
4	11.00	60m Hurdles	U13 Girls	1
5	11.20	60m	U13 Boys	Semi Final
6	11.35	60m	U13 Girls	Semi Final
7	11.50	60m Hurdles	U20 Men	Final
8	11.55	60m Hurdles	U20 Women	Final
9	12.00	60m Hurdles	U13 Boys	Final
10	12.05	60m Hurdles	U13 Girls	Final
11	12.25	60m	U13 Boys	Final
12	12.29	60m	U13 Girls	Final

Straight Track will take precedence over Circular Track

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If heats are not required FINALS will go at HEAT time.

Circular Track

Event No	Time	Event	Age Group	Round
13	12.07	1500m	U20 Men	1
14	12.30	200m	U20 Men	1
15	12.46	200m	U20 Women	1
16	13.10	200m	U13 Boys	1
17	13.42	200m	U13 Girls	1
18	14.14	400m	U20 Women	1
19	14.30	400m	U20 Men	1
20	14.46	800m	Sen Men	Invitation
21	14.50	800m	U13 Girls	Timed Finals
22	15.06	800m	U13 Boys	Timed Finals
23	15.20	200m	U20 Men	Semi Final
24	15.28	200m	U20 Women	Semi Final
25	15.40	200m	U13 Boys	Semi Final
26	15.52	200m	U13 Girls	Semi Final
27	16.04	1500m	U13 Girls	Timed Finals
28	16.20	1500m	U13 Boys	Timed Finals
29	16.36	1500m	U20 Women	Final
30	16.43	1500m	U20 Men	Final
31	16.50	400m	U20 Women	Semi Final
32	16.58	400m	U20 Men	Semi Final
33	17.06	200m	U20 Men	Final
34	17.10	200m	U20 Women	Final
35	17.14	200m	U13 Boys	Final
36	17.18	200m	U13 Girls	Final

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Field

Event No	Time	Event	Age Group	Info
37	10.00	Long Jump	U20 Women	
38	10.05	Shot Put	U13 Girls	
39	11.30	Shot Put	U13 Boys	
40	11.40	Long Jump	U20 Men	
41	13.15	Pole Vault	U20 Women	2m28
42		Pole Vault	U20 Men	2m68
43	13.15	High Jump	U13 Boys	1m13 60m F
44	13.30	Long Jump	U13 Girls	Pool 1 IN
44				Pool 2 OUT
45	15.00	High Jump	U13 Girls	1m13 60m F
46	15.30	Long Jump	U13 Boys	
47	15.40	Shot Put	U20 Women	

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

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Straight Track				
Event No	Time	Event	Age Group	Round
48	10.00	60m Hurdles	U15 Girls	1
49	10.20	60m	U15 Boys	1
50	10.36	60m	U20 Men	1
51	10.48	60m	U15 Girls	1
52	11.20	60m	U20 Women	1
54	11.45	60m Hurdles	U15 Girls	Semi Final
53	11.56	60m Hurdles	U15 Boys	1
55	12.10	60m	U20 Men	Semi Final
56	12.18	60m	U15 Boys	Semi Final
57	12.26	60m	U15 Girls	Semi Final
58	12.42	60m	U20 Women	Semi Final
59	12.55	60m Hurdles	U15 Boys	Final
60	13.00	60m Hurdles	U15 Girls	Final
61	13.23	60m	U20 Men	Final
62	13.27	60m	U15 Boys	Final
63	13.31	60m	U15 Girls	Final
64	13.35	60m	U20 Women	Final

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Circular Track				
Event No	Time	Event	Age Group	Round
65	11.50	400m	U20 Women	Final
66	11.55	400m	U20 Men	Final
67	12.00	300m	U15 Girls	1
68	12.25	300m	U15 Boys	1
69	12.35	1500m	U15 Girls	1
70	12.50	1500m	U15 Boys	1
71	13.05	800m	U15 Girls	1
72	13.25	800m	U15 Boys	1
73	13.41	800m	U20 Women	1
74	13.49	800m	U20 Men	1
75	14.01	200m	U15 Girls	1
76	14.41	200m	U15 Boys	1
77	15.01	300m	U15 Girls	Semi Final
78	15.09	300m	U15 Boys	Final
79	15.15	800m	U15 Girls	B Final
79	15.20	800m	U15 Girls	A Final
80	15.30	800m	U15 Boys	A Final
81	15.35	800m	U20 Women	Final
82	15.40	800m	U20 Men	Final
83	15.45	200m	U15 Girls	Semi Final
84	16.03	200m	U15 Boys	Semi Final
85	16.11	1500m	U15 Girls	Final
86	16.21	1500m	U15 Boys	Final
87	16.31	300m	U15 Girls	Final
88	17.00	200m	U15 Girls	Final
89	17.05	200m	U15 Boys	Final

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Field				
Event No	Time	Event	Age	Info
90	10.00	High Jump	U15 Boys	1m28
91	10.00	Long Jump	U15 Girls	Pool 1 IN
91				Pool 2 OUT
92	10.10	Shot Put	U20 Men	
93	11.30	Shot Put	U15 Girls	
94	11.45	Triple Jump	U15 Boys	22m Run Up
95		Triple Jump	U15 Girls	7m/9m
96	13.00	Triple Jump	U20 Men	11m/13m
97	14.00	Triple Jump	U20 Women	9m/11m
98	14.15	High Jump	U15 Girls	1m23 60m S
99	14.15	High Jump	U20 Women	1m43 60m F
100	14.45	Shot Put	U15 Boys	
101	15.15	Long Jump	U15 Boys	
102	15.45	High Jump	U20 Men	1m68 60m F

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Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

