

Track Events

Time	Event	Age Group
10.45	400m Hurdles	U18 / Senior Women
10.50	400m Hurdles	U18 / Senior Men
11.00	100m HEATS	U10/U12 Girls
11.05	100m HEATS	U10/U12 Boys
11.10	100m HEATS	U14 Girls
11.15	100m HEATS	U14 Boys
11.20	100m HEATS	U16 Girls
11.25	100m HEATS	U16 Boys
11.30	100m HEATS	U18 / Senior Women
11.35	100m HEATS	U18 / Senior Men
11.40	800m	U10/U12 Girls
11.45	800m	U10/U12 Boys
11.50	800m	U14 Girls
11.55	800m	U14 Boys
12.00	800m	U16 Girls
12.05	800m	U16 Boys
12.10	800m	U18 / Senior Women
12.15	800m	U18 / Senior Men
12.25	300m	U16 Girls
12.30	400m	U16 Boys
12.35	400m	U18/Senior Women
12.40	400m	U18/Senior Men
12.50	100m FINALS	All age groups (U10's - Seniors)
13.10	LUNCH	LUNCH
13.30	200m HEATS	U14 Girls
13.35	200m HEATS	U14 Boys
13.40	200m HEATS	U16 Girls
13.45	200m HEATS	U16 Boys
13.50	200m HEATS	U18 / Senior Women
13.55	200m HEATS	U18 / Senior Men
14.00	800m Finals	All age groups (U10's - Seniors)
14.20	300m/400m Finals	All age groups (U16's - Seniors)
14.40	200m FINALS	All age groups (U14's - Seniors)

Field Events

Time	Event	Age Group
10.30	High Jump	U18 Men & Women
10.45	Shot Putt	U10/U12 & U14 Girls

Sheet1

10.45	Javelin	U16 / U18 & Senior Men
11.30	Long Jump	U18 & Senior Men & Women
11.30	Javelin	U12 & U14 Boys
11.30	Shot Putt	U16 Boys & Girls
12.30	High Jump	U14 Boys & Girls
12.30	Discus	U16 / U18 & Senior Women
12.30	Long Jump	U16 Boys & Girls
13.00	Discus	U16 / U18 & Senior Men
13.30	Shot Putt	U10/U12 & U14 Boys
13.30	Long Jump	U10/U12 & U14 Girls
13.30	Javelin	U16 / U18 & Senior Women
14.30	Long Jump	U10/U12 & U14 Boys
14.30	Javelin	U12 & U14 Girls
14.30	Shot Putt	U18/Senior Men & Women
14.30	Discus	U14 Boys & Girls
14.30	High Jump	U16 Boys & Girls