

2017 Butterdome Start Lines & Notes

50m, 60m, 150m, 200m & 300m (including hurdle events)

Solid white lines as shown on the track diagram

100m White/**black**/white lines at end of back straight.

400m & 600m White/**blue**/white start lines with a two turn cut-in.

800m White/**green**/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with 65% of the field using the regular arced start line and 35% using a second arced start line on the outer portion of the track. 800m run in this fashion would be a one turn cut-in.

1,000m to 3,000m A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.

4 x 200m Relay White/**red**/white start line, with a three turn cut-in. First exchange is in lanes, the 2nd and 3rd exchanges are not done in lanes. 3rd and 4th runners place themselves in the order of the athletes at the 100m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.

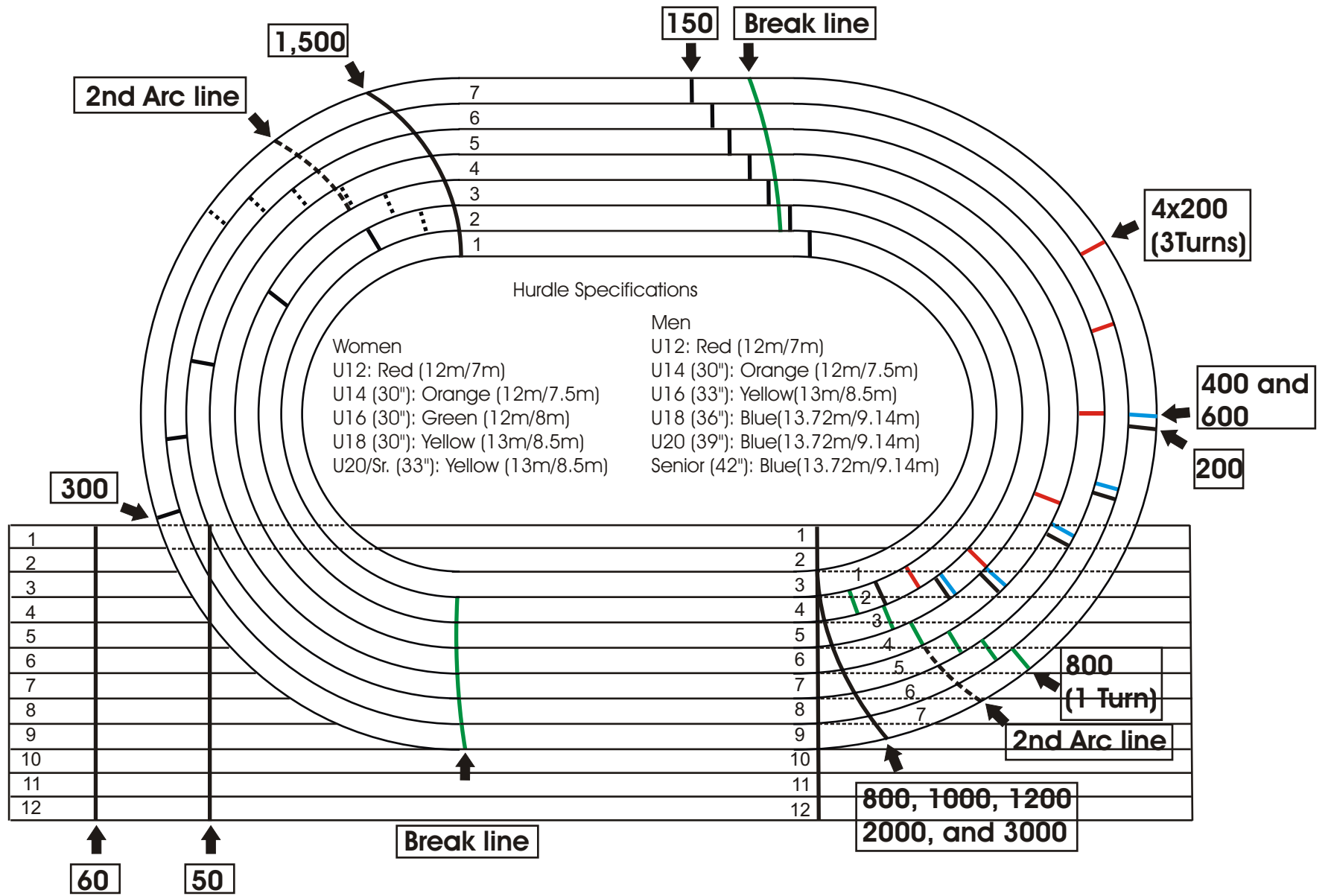
4 x 400m Relay White/**blue**/white start line with a two turn cut-in.

4 x 800m Relay White/**green**/white with a one turn cut-in.

4 x 100m Relay Use white/**blue**/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight, 2nd & 3rd exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

Butterdome Start Lines and Break Line Diagram



Alberta Indoor Games

Provincial Relays and Combined Events Championships

Schedule (as of February 14 0020h)



Combined Events Summary

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Under-16 Women Pentathlon

Day 2		Sunday		7 competitors	
60m	High Jump	Shot Put	Long Jump	800m	
9:45	10:45	13:00	15:00	16:33	
total time	1:42	0:57	1:03		

Under-16 Men Pentathlon

Day 1		Saturday		5 competitors	
60m	Long Jump	Shot Put	High Jump	1000m	
11:04	12:20	14:00	15:45	17:54	
total time	1:06	1:06	2:06		

Under-18 Women Pentathlon

Day 2		Sunday		6 competitors	
60m Hurdles	High Jump	Shot Put	Long Jump	800m	
9:57	11:00	13:05	15:00	16:38	
total time	1:34	0:54	0:54		

Under-18 Men Pentathlon

Day 1		Saturday		5 competitors	
60m Hurdles	Long Jump	Shot Put	High Jump	1000m	
11:15	12:20	14:00	15:45	17:54	
total time	1:06	1:06	2:06		

Under-20 Women Pentathlon

Day 2		Sunday		2 competitors	
60m Hurdles	High Jump	Shot Put	Long Jump	800m	
10:02	11:00	13:05	15:00	16:38	
total time	1:34	0:54	0:54		

Under-20 Men Heptathlon

Day 1		Saturday		1 competitor		Sunday	
60m	Long Jump	Shot Put	High Jump	60m Hurdles	Pole Vault	1000m	
11:04	12:20	14:00	15:45	9:53	10:55	12:23	
total time	1:06	1:06	2:06	0:50			

Masters Women Pentathlon

Day 2		Sunday		2 competitors	
60m Hurdles	High Jump	Shot Put	Long Jump	800m	
10:02	10:45	13:00	15:00	16:33	
total time	1:42	0:57	1:03		

Masters Men Pentathlon

Day 1		Saturday		1 competitor	
60m Hurdles	Long Jump	Shot Put	High Jump	1000m	
11:15	12:20	14:00	15:45	17:54	
total time	1:06	1:06	2:06		

Alberta Indoor Games

Provincial Relays and

Combined Events Championships

Track Schedule (as of February 14 0020h)



This finalized version of the schedule will be provided to coaches at Registration.

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Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, February 16, 2019

Note: The Saturday schedule is **tentative** and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:00	60m Timed Finals - Under-14 Girls	29	9	4	3:00	12:00	8:40	8:45	
9:12	60m Timed Finals - Under-14 Boys	26	9	3	3:00	9:00	8:52	8:57	
9:21	60m Timed Finals - Under-12 Girls	28	9	4	3:00	12:00	9:01	9:06	
9:33	60m Timed Finals - Under-12 Boys	12	9	2	3:00	6:00	9:13	9:18	
9:39	60m Timed Finals - Under-10 Girls	10	9	2	3:00	6:00	9:19	9:24	
9:45	60m Timed Finals - Under-10 Boys	13	9	2	3:00	6:00	9:25	9:30	
9:51	60m Final - Masters Women	2	8	1	3:30	3:30	9:31	9:36	Final
	60m Final - Masters Men	5	8						
9:54	60m Heats - Under-16 Women	30	8	4	3:30	14:00	9:34	9:39	Top 3 + 4 going to 2 races (16)
10:08	60m Heats - Under-16 Men	22	8	3	3:30	10:30	9:48	9:53	Top 2 + 2 going to 1 race (8)
10:19	60m Heats - Under-18 Women	27	8	4	3:30	14:00	9:59	10:04	Top 3 + 4 going to 2 races (16)
10:33	60m Heats - Under-18 Men	18	8	3	3:30	10:30	10:13	10:18	Top 2 + 2 going to 1 race (8)
10:43	60m Heats - Open (Under-20 & Senior) Women	12	8	2	3:30	7:00	10:23	10:28	Top 3 + 2 going to 1 race (8)
10:50	60m Heats - Under-20 Men	Full 16	8	2	3:30	7:00	10:30	10:35	Top 3 + 2 going to 1 race (8)
10:57	60m Heats - Senior Men	8	7	2	3:30	7:00	10:37	10:42	Top 2 + 3 going to 1 race (7)
11:04	60m Pentathlon - Under-16 Men	5	8	1	3:30	3:30	10:44	10:49	
	60m Heptathlon - Under-20 Men	1	8						
11:08						5:00			
11:15	60m Hurdles Pentathlon - Under-18 Men	5	8	1	3:30	3:30	10:55	11:00	
	60m Hurdles Pentathlon - Masters Men	1	8						
11:18						4:00			
11:25	400m Timed Finals - Masters Women	2	5	1	4:00	4:00	11:05	11:10	
	400m Timed Finals - Masters Men	2	5						
11:29	400m Timed Finals - Under-10 Girls	10	13	1	4:00	4:00	11:09	11:14	
11:33	400m Timed Finals - Under-10 Boys	Full 13	13	1	4:00	4:00	11:13	11:18	
11:37	600m Timed Finals - Under-12 Girls	28	15	2	4:30	9:00	11:17	11:22	
11:46	600m Timed Finals - Under-12 Boys	12	15	1	4:30	4:30	11:26	11:31	
11:50	600m Timed Finals - Under-14 Girls	29	15	2	4:30	9:00	11:30	11:35	
11:59	600m Timed Finals - Under-14 Boys	26	15	2	4:30	9:00	11:39	11:44	
12:08	600m Timed Finals - Under-16 Girls	9	5	2	4:30	9:00	11:48	11:53	
12:17	600m Timed Finals - Under-16 Boys	6	5	2	4:30	9:00	11:57	12:02	
12:30	1000m Timed Finals - Under-18 Women	7	13	1	5:45	5:45	12:10	12:15	
12:35	1000m Timed Finals - Senior Women	4	13	1	5:45	5:45	12:15	12:20	
	1000m Timed Finals - Under-20 Women	6							
	1000m Timed Finals - Under-16 Women	1							
12:41	BREAK					34:00			
13:15	1000m Timed Finals - Under-18 Men	6	13	1	5:45	5:45	12:55	13:00	
	1000m Timed Finals - Under-16 Men	5							
13:21	1000m Timed Finals - Senior Men	5	13	1	5:45	5:45	13:01	13:06	
	1000m Timed Finals - Under-20 Men	8							
13:30	4x200m Relays - Under-16 Women	9	5	2	6:00	12:00	13:10	13:15	
13:42	4x200m Relays - Under-18 Women	8	5	2	6:00	12:00	13:22	13:27	
13:54	4x200m Relays - Senior/Under-20 Women	4	5	1	6:00	6:00	13:34	13:39	

Alberta Indoor Games



Provincial Relays and

Combined Events Championships

Track Schedule (as of February 14 0020h)

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, February 16, 2019

Note: The Saturday schedule is **tentative** and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
14:00	4x200m Relays - Under-16 Men	4	5	1	6:00	6:00	13:40	13:45	
14:06	4x200m Relays - Under-18 Men	Full	5	1	6:00	6:00	13:46	13:51	
	4x200m Relays - Masters Men	none	0	5					
14:12	4x200m Relays - Under-20 Men	Full	5	1	6:00	6:00	13:52	13:57	
14:18	4x200m Relays - Senior Men	2	5	1	6:00	6:00	13:58	14:03	
14:25	3000m Race Walk - Masters Women	3	13	1	21:00	21:00	14:05	14:10	
	3000m Race Walk - Masters Men	3	13	1	21:00	21:00			
14:50	4x100m Relays - Under-12 Girls	4	7	1	6:00	6:00	14:30	14:35	
	4x100m Relays - Under-10 Girls	none	0	7	0	0:00			
14:56	4x100m Relays - Under-14 Girls	8	7	2	6:00	12:00	14:36	14:41	
15:08	4x100m Relays - Under-12 Boys	1	7	1	6:00	6:00	14:48	14:53	
	4x100m Relays - Under-14 Boys	4	7						
	4x100m Relays - Under-10 Boys	none	0	7					
15:14						4:00			
15:20	60m Final - Under-16 Women	16	8	2	3:30	7:00	15:00	15:05	
15:27	60m Final - Under-16 Men	8	8	1	3:30	3:30	15:07	15:12	
15:30	60m Final - Under-18 Women	16	8	2	3:30	7:00	15:10	15:15	
15:37	60m Final - Under-18 Men	8	8	1	3:30	3:30	15:17	15:22	
15:41	60m Final - Open (Under-20 & Senior) Women	8	8	1	3:30	3:30	15:21	15:26	
15:44	60m Final - Under-20 Men	8	8	1	3:30	3:30	15:24	15:29	
15:48	60m Final - Senior Men	8	8	1	3:30	3:30	15:28	15:33	
15:51						4:00			
15:55	2000m Timed Finals - Under-16 Women	5	13	1	10:00	10:00	15:35	15:40	
16:05	2000m Timed Finals - Under-16 Men	4	13	1	9:00	9:00	15:45	15:50	
16:14	3000m Timed Finals - All Women	6	13	1	14:00	14:00	15:54	15:59	
16:28	3000m Timed Finals - All Men	11	13	1	14:00	14:00	16:08	16:13	
16:45	Medley Relay (200-100-100-400) - Under-14 Girls	4	7	1	7:00	7:00	16:25	16:30	
16:52	Medley Relay (200-100-100-400) - Under-12 Girls	Full	7	1	7:00	7:00	16:32	16:37	
16:59	Medley Relay (200-100-100-400) - Under-14 Boys	3	7	1	7:00	7:00	16:39	16:44	
	Medley Relay (200-100-100-400) - Under-12 Boys	1	7						
17:06	Medley Relay (400-200-200-800) - Under-16 Women	6	5	2	8:00	16:00	16:46	16:51	
17:22	Medley Relay (400-200-200-800) - Under-18 Women	Full	5	1	8:00	8:00	17:02	17:07	
17:30	Medley Relay (400-200-200-800) - Senior/Under-20 Women	3	5	1	8:00	8:00	17:10	17:15	
17:38	Medley Relay (400-200-200-800) - Under-16 Men	1	5	1	8:00	8:00	17:18	17:23	
	Medley Relay (400-200-200-800) - Under-18 Men	4	5						
17:46	Medley Relay (400-200-200-800) - Senior/Under-20 Men	3	5	1	8:00	8:00	17:26	17:31	
	Medley Relay (400-200-200-800) - Masters Men	none	0	5					
17:54	1000m Pentathlon - Under-16/18, Masters Men	6	13	1	6:00	6:00	17:34	17:39	
18:00	End of Day's Competition			96					

Provincial Relays and

Combined Events Championships

Field Schedule (as of February 14 0020h)

Saturday, February 16, 2019

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated time.

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Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)				
09:45	09:30	U14 Boys Long Jump Flight 1	13	0:52
10:40	10:25	U14 Boys Long Jump Flight 2	13	0:52
11:40	11:20	U18 Women Long Jump	10	1:32
12:55	12:55	Break		0:35
13:50	13:35	Men Triple Jump	5	0:45
14:50	14:25	U16 Women Long Jump	13	1:29
16:15	15:55	U20 / Senior / Masters Women Long Jump	11	1:38
17:35		End of Day's Competition		

Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long Jump (Wall Pit)				
12:20	11:50	Heptathlon/Pentathlon Men (5+5+1+1)	12	1:06
13:00		End of Day's Competition		

Standing Long Jump				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
09:50	09:40	U12 Boys	12	0:48
10:40	10:30	U10 Girls	10	0:40
11:15		End of Day's Competition		

High Jump (Centre Mat)				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
09:30	09:15	U16 / Masters Women (4+0)	4	0:51
11:00	10:45	U18 / U20 / Senior Women (3+3+0)	6	1:03
11:50	11:50	Break		0:35
15:45	15:15	Heptathlon/Pentathlon Men (5+5+1+1)	12	2:06
17:25		End of Day's Competition		

Pole Vault				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
10:30	09:45	Open Women < 3.0 metres	19	3:55
13:45	13:45	Break		0:35
14:55	14:25	Open Women >= 3.0 metres	6	1:30
16:00		End of Day's Competition		

Shot Put and Weight Throw (Centre Circle)				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
09:30	09:20	U14 Girls Shot Put Flight 1	15	0:52
10:20	10:15	U14 Girls Shot Put Flight 2	14	0:49
11:25	11:05	Men Weight Throw	7	1:03
12:10	12:10	Break		0:35
14:00	13:50	U18 Women	5	0:40
15:30	15:00	U16 Women	16	1:44
16:45		End of Day's Competition		

Shot Put (West Circle)				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
09:45	09:40	U12 Girls Flight 1	14	0:49
10:35	10:30	U12 Girls Flight 2	14	0:49
11:35	11:20	U20 / Senior / Masters Women (4+1+3)	8	1:04
12:25	12:25	Break		0:35
14:00	13:30	Heptathlon/Pentathlon Men (5+5+1+1)	12	1:06
14:40		End of Day's Competition		

Medicine Ball Throw (West Side)				
Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
10:05	10:00	U10 Boys	13	0:29
10:30		End of Day's Competition		

Alberta Indoor Games

Provincial Relays and

Combined Events Championships

Track Schedule (as of February 14 0020h)



Sunday, February 17, 2019

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

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Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:00	50m Timed Finals - Under-14 Girls	34	9	4	3:00	12:00	8:40	8:45	
9:12	50m Timed Finals - Under-14 Boys	22	9	3	3:00	9:00	8:52	8:57	
9:21	50m Timed Finals - Under-12 Girls	24	9	3	3:00	9:00	9:01	9:06	
9:30	50m Timed Finals - Under-12 Boys	12	9	2	3:00	6:00	9:10	9:15	
9:36	50m Timed Finals - Under-10 Girls	7	9	1	3:00	3:00	9:16	9:21	
9:39	50m Timed Finals - Under-10 Boys	10	9	2	3:00	6:00	9:19	9:24	
9:45	60m Pentathlon - Under-16 Women	7	8	1	3:30	3:30	9:25	9:30	
9:48						5:00			
9:53	60m Hurdles Heptathlon - Under-20 Men	1	8	1	3:30	3:30	9:33	9:38	
9:57	60m Hurdles Pentathlon - Under-18 Women	6	8	1	5:00	5:00	9:37	9:42	
10:02	60m Hurdles Pentathlon - Under-20, Masters Women	4	8	1	5:00	5:00	9:42	9:47	
10:07	60m Hurdles Heats - Under-16 Women	14	8	2	5:00	10:00	9:47	9:52	Top 3 + 2 going to 1 race (8) -- 0.76, 12, 8 green
10:17	60m Hurdles Heats - Under-18 Women	12	8	2	6:00	12:00	9:57	10:02	Top 3 + 2 going to 1 race (8) --
10:29	60m Hurdles Heats - Under-20/Senior Women	5	8	1	6:00	6:00	10:09	10:14	0.84, 13, 8.5 yellow
10:35	60m Hurdles Heats - Under-16 Men	6	8	1	5:30	5:30	10:15	10:20	0.84, 13, 8.5 yellow
10:40	60m Hurdles Heats - Under-18 Men	5	8	1	6:00	6:00	10:20	10:25	0.91, 13.72, 9.14 blue
10:46	60m Hurdles Heats - Under-20 Men	2	8	1	6:00	6:00	10:26	10:31	0.99, 13.72, 9.14 blue
	60m Hurdles Heats - Senior Men	1	8	1	6:00	6:00			1.07, 13.72, 9.14 blue
10:52						5:00			
11:00	1200m Timed Finals - Under-16 Women	6	13	1	6:30	6:30	10:40	10:45	
11:06	1200m Timed Finals - Under-16 Men	8	13	1	6:30	6:30	10:46	10:51	
11:13	600m Timed Finals - Under-18 Women	11	5	3	4:15	12:45	10:53	10:58	
	600m Timed Finals - Masters Women	1	5						
11:25	600m Timed Finals - Under-20 Women	6	5	3	4:15	12:45	11:05	11:10	
	600m Timed Finals - Senior Women	6	5						
11:38	600m Timed Finals - Under-18 Men	9	5	2	4:15	8:30	11:18	11:23	
11:47	600m Timed Finals - Under-20 Men	8	5	3	4:15	12:45	11:27	11:32	
	600m Timed Finals - Open Men	6	7						
12:00	400m Timed Finals - Under-10 Girls	7	13	1	4:00	4:00	11:40	11:45	
12:04	400m Timed Finals - Under-10 Boys	10	13	1	4:00	4:00	11:44	11:49	
12:08	800m Under-12 Girls	24	15	2	5:00	10:00	11:48	11:53	
12:18	800m Under-12 Boys	12	15	1	5:00	5:00	11:58	12:03	
12:23	1000m Heptathlon - Under-20, Senior Men	1	13	1	6:00	6:00	12:03	12:08	
12:29	800m Under-14 Girls	34	15	3	5:00	15:00	12:09	12:14	
12:44	800m Under-14 Boys	22	15	2	5:00	10:00	12:24	12:29	
12:54	800m Masters Men	1	13	1	4:30	4:30	12:34	12:39	
12:58	1500m Race Walk - Masters Women	2	13	1	11:00	11:00	12:38	12:43	
	1500m Race Walk - Masters Men	6	13	1	11:00	11:00			
13:09	BREAK					32:00			
13:41	60m Hurdles Final - Under-16 Women	8	8	1	5:00	5:00	13:21	13:26	0.76, 12, 8 green
13:46	60m Hurdles Final - Under-18 Women	8	8	1	6:00	6:00	13:26	13:31	0.76, 12, 8 green
13:52	60m Hurdles Final - Under-20/Senior Women	8	8	1	6:00	6:00	13:32	13:37	0.84, 13, 8.5 yellow
13:58	60m Hurdles Final - Under-16 Men	8	8	1	5:30	5:30	13:38	13:43	0.84, 13, 8.5 yellow

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Track Schedule (as of February 14 0020h)

Sunday, February 17, 2019

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14:04	60m Hurdles Final - Under-18 Men	8	8	1	6:00	6:00	13:44	13:49	0.91, 13.72, 9.14 blue
14:10	60m Hurdles Final - Under-20 Men	8	8	1	6:00	6:00	13:50	13:55	0.99, 13.72, 9.14 blue
	60m Hurdles Final - Senior Men	8	8	1	6:00	6:00			1.07, 13.72, 9.14 blue
14:20	300m Timed Finals - Under-16 Women	31	5	7	4:00	28:00	14:00	14:05	
14:48	300m Timed Finals - Under-16 Men	Full	15	5	3	4:00	12:00	14:28	14:33
15:00	300m Timed Finals - Under-18 Women	21	5	5	4:00	20:00	14:40	14:45	
15:20	300m Timed Finals - Under-18 Men	Full	20	5	4	4:00	16:00	15:00	15:05
15:36	300m Timed Finals - Under-20 Women	Full	5	5	1	4:00	4:00	15:16	15:21
15:40	300m Timed Finals - Senior Women	4	5	1	4:00	4:00	15:20	15:25	
15:44	300m Timed Finals - Under-20 Men	11	5	3	4:00	12:00	15:24	15:29	
15:56	300m Timed Finals - Senior Men	7	5	2	4:00	8:00	15:36	15:41	
	300m Final - Masters Men	1	5						
16:05	1500m Timed Finals - Women	10	13	1	8:00	8:00	15:45	15:50	
16:13	1500m Timed Finals - Under-18 Men	6	13	1	8:00	8:00	15:53	15:58	
16:21	1500m Timed Finals - Under-20, Senior Men	11	13	1	8:00	8:00	16:01	16:06	
16:29	200m Timed Finals - Masters Women	1	5	1	4:00	4:00	16:09	16:14	
	200m Timed Finals - Masters Men	1	5	1	4:00	4:00			
16:33	800m Pentathlon - Under-16, Masters Women	4	10	1	5:00	5:00	16:13	16:18	
16:38	800m Pentathlon - Under-18, Under-20 Women	4	10	1	5:00	5:00	16:18	16:23	
16:45	4x400m Relays - Under-16, Under-18 Women	Full	5	5	1	8:00	8:00	16:25	16:30
16:53	4x400m Relays - Under-20, Senior Women	4	5	1	8:00	8:00	16:33	16:38	
17:01	4x400m Relays - Under-16, Under-18 Men	3	5	1	8:00	8:00	16:41	16:46	
17:09	4x400m Relays - Under-20, Senior Men	Full	5	5	1	8:00	8:00	16:49	16:54
17:17	End of Day's Competition			99					

Sunday, February 17, 2019



Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening.

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)				
09:30	09:15	U14 Girls Long Jump Flight 1	17	0:55
11:00	10:35	Women Triple Jump	8	1:12
11:50	11:50	Break		0:35
12:40	12:30	U18 Men Long Jump	5	0:40
13:20	13:15	U20 / Senior Men Long Jump	3	0:24
15:00	14:30	Pentathlon U18 / U20 Women	8	0:54
15:45	15:25	U16 / Masters Men Long Jump	10	1:14
16:40		End of Day's Competition		
Long Jump (Wall Pit)				
09:30	09:15	U14 Girls Flight 2	17	0:55
15:00	14:30	Pentathlon U16 / Masters Women	11	1:03
15:35		End of Day's Competition		
Standing Long Jump				
10:05	09:40	U12 Girls	24	1:36
11:30	11:20	U10 Boys	10	0:40
12:05		End of Day's Competition		
High Jump (Centre Mat)				
09:30	09:15	U16 / U18 / Masters Men	4	0:51
10:45	10:15	Pentathlon U16 / Masters Women	9	1:42
12:00		End of Day's Competition		
High Jump (West Mat)				
11:00	10:30	Pentathlon U18 / U20 Women	8	1:34
12:05		End of Day's Competition		
Pole Vault				
10:55	10:25	Heptathlon U20/Senior Men (1 + 0)	2	0:50
12:05	11:20	Men	4	1:25
12:50		End of Day's Competition		
Medicine Ball Throw (West Side)				
10:05	10:00	U10 Girls	7	0:15
10:20		End of Day's Competition		
Shot Put and Weight Throw (Centre Circle)				
09:30	09:10	U16 / U18 / U20 / Senior Women Weight Throw	10	1:14
10:30	10:25	Masters Women Weight Throw	2	0:18
13:00	12:30	Pentathlon U16 / Masters Women	9	0:57
13:40	13:30	U16 / Paralympic Men	4	0:32
14:25	14:05	U18 / U20 / Senior / Masters Men	11	1:19
15:25		End of Day's Competition		
Shot Put (West Circle)				
09:30	09:25	U14 Boys Flight 1	11	0:38
10:10	10:05	U14 Boys Flight 2	11	0:38
10:50	10:45	U12 Boys	12	0:42
11:30	11:30	Break		0:35
13:05	12:35	Pentathlon U18 / U20 Women	8	0:54
13:30		End of Day's Competition		