**DISTRICT C OUTDOOR TRACK AND FIELD MEET SCHEDULE**

**NOTE: ZONE CHAIRMEN MUST BE IN ATTENDANCE BY 7.30AM SET UP AND READY TO GO.**

If there are eight or fewer in the hurdles or sprint events then event will be run as a final at the heat time.

All track athletes should be ready for events to run ahead of time.

**Opening Ceremony 9.45am Host Colour Party - District-C Commander & Officers.**

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|  | **TRACK SCHEDULE** | **AGES** |  |  | **FIELD SCHEDULE** | **AGES** |
|  |  |  |  |  |  |  |
| 10:00 | 3000m Finals | M17 F17 |  | 10:00 | Shot Put (3kg) | F13, F15 |
|  | 2000m Finals | M15 F15 |  |  | High Jump | M13, M15 |
|  |  |  |  |  | Long Jump | F17 |
|  |  |  |  |  | Discus Throw (1.5kg) | M17 |
|  |  |  |  |  | Triple Jump | F13 |
|  |  |  |  |  |  |  |
| 10:15 | 80m Hurdles – Heats.762 (30”) | F15 |  | 10:15 | Javelin Throw (600g) | M13, M15 |
|  | 100m Hurdles – Heats .762 (30”) | F17 |  |  | Pole Vault (if facilities) | F17, M17 |
|  | 100m Hurdles – Heats .838 (33”) | M15 |  |  |  |  |
|  | 110m Hurdles – Heats .914 (36”) | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 10:45 | 2000m Steeplechase | F17, M17 |  | 10:45 | High Jump | F13, F15 |
|  | 1500m Steeplechase (no water) | F15, M15 |  |  | Long Jump | M15 |
|  | 3000m Race-walk (if entries) | F17, M17 |  |  | Discus Throw (1kg) | F17 |
|  | 1500m Race-walk | F15, M15 |  |  | Triple Jump | M17 |
|  |  |  |  |  |  |  |
| 11:00 | 80m Hurdles – Finals .762 (30”) | F15 |  | 11:00 | Javelin Throw (700g) | M17 |
|  | 100m Hurdles – Finals .762 (30”) | F17 |  |  |  |  |
|  | 100m Hurdles – Finals .838 (33”) | M15 |  |  |  |  |
|  | 110m Hurdles – Finals .914 (36”) | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 11:20 | 100m Heats | F13 |  | 11:20 | Discus Throw (1kg) | M13, M15 |
|  | 100m Heats | F15 |  |  | Triple Jump | F15 |
|  | 100m Heats | F17 |  |  | Shot Put (3 kg) | F17 |
|  | 100m Heats | M13 |  |  | Long Jump | M13 |
|  | 100m Heats | M15 |  |  |  |  |
|  | 100m Heats | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 11:50 | 300m – Timed Finals | F13 |  |  |  |  |
|  | 300m – Timed Finals | M13 |  |  |  |  |
|  | 300m – Timed Finals | F15 |  |  |  |  |
|  | 300m – Timed Finals | M15 |  |  |  |  |
|  | 400m – Timed Finals | F17 |  |  |  |  |
|  | 400m – Timed Finals | M17 |  |  |  |  |
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|  | **TRACK SCHEDULE** | **AGES** |  |  | **FIELD SCHEDULE** | **AGES** |
|  |  |  |  |  |  |  |
| 12:15 | 200m - Heats | F13 |  | 13:00 | Long Jump | F13 F15 |
|  | 200m – Heats | F15 |  |  | Shot Put (4kg) | M13, M15 |
|  | 200m – Heats | F17 |  |  | Discus Throw (1kg\_ | F13, F15 |
|  | 200m – Heats | M13 |  |  | Javelin Throw (500g) | F17 |
|  | 200m – Heats | M15 |  |  | High Jump | M17 |
|  | 200m - Heats | M17 |  |  | Triple Jump | F17 |
|  |  |  |  |  |  |  |
|  | Track Break 12:45 – 13:30 |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 13:30 | 800m – Timed Finals | F13 |  | 14:00 | High Jump | F17 |
|  | 800m – Timed Finals | F15 |  |  | Shot Put (5kg) | M17 |
|  | 800m – Timed Finals | F17 |  |  | Triple Jump | M13 |
|  | 800m – Timed Finals | M13 |  |  |  |  |
|  | 800m – Timed Finals | M15 |  |  |  |  |
|  | 800m – Timed Finals | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 14:00 | 100m - Finals | F13 |  | 14:40 | Javelin Throw (500g) | F13, F15 |
|  | 100m - Finals | F15 |  |  | Triple Jump | M15 |
|  | 100m - Finals | F17 |  |  | Long Jump | M17 |
|  | 100m - Finals | M13 |  |  |  |  |
|  | 100m - Finals | M15 |  |  |  |  |
|  | 100m - Finals | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 14:40 | 200m Hurdles – Finals .762 (30”) | F15 |  |  |  |  |
|  | 200m Hurdles – Finals .762 (30”) | M15 |  |  |  |  |
|  | 400m Hurdles – Finals .762 (30”) | F17 |  |  |  |  |
|  | 400m Hurdles – Finals .838 (33”) | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 15:00 | 200m - Finals | F13 |  |  |  |  |
|  | 200m – Finals | F15 |  |  |  |  |
|  | 200m – Finals | F17 |  |  |  |  |
|  | 200m – Finals | M13 |  |  |  |  |
|  | 200m – Finals | M15 |  |  |  |  |
|  | 200m - Finals | M17 |  |  |  |  |
|  |  |  |  |  |  |  |
| 15:30 | 1200m – Timed Finals | F13 |  | 15:30 | Hammer Throw (3kg) | F15, F17 |
|  | 1200m – Timed Finals | M13 |  |  | Hammer Throw (4kg) | M15 |
|  | 1200m – Timed Finals | F15 |  |  | Hammer Throw (5kg) | M17 |
|  | 1200m – Timed Finals | M15 |  |  |  |  |
|  | 1500m – Timed Finals | F17 |  |  |  |  |
|  | 1500m – Timed Finals | M17 |  |  |  |  |