



SUNDAY SEPTEMBER 13

FINAL SCHEDULE



HURDLES (*approx. start times, events may run up to 30 minutes ahead of schedule*)

- 12:45pm (1 combined Heat)- 200mH
- 1:00pm (2 Heats)- 300mH, 400mH
- 1:30pm, Round 1 (3 Heats)- U16F 80mH, U18F 100mH
- 1:45pm, Round 1 (2 Heats)- U16M 100mH, U18M100M
- 2:30m, Round 2 (3 Finals) - U16F 80mH, U18F
- 2:45pm, Round 2 (2 Finals)- U16M 100mH, U18M 110mH

Jumps

- 12:00pm- Open Long Jump
- 2:00pm- Open Triple Jump

Throws

- 12:00- Open Shot Put
- 1:15- Open Javelin
- 2:30- Open Discus
- 3:45- Open Hammer