

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		Seniors(20+)		Masters(35+)	
SATURDAY	2015		2014		2013		2012		2011		2009/2010		2007/2008		2005/2006		2004 -1990		1989-	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
9:00	SP	HJ	SP	HJ	LJ		LJ		JT	TJ	JT	TJ		TJ		TJ		TJ		TJ
9:45						HJ		HJ	JT		JT		HT	LJ	HT	LJ	HT	LJ	HT	LJ
10:30					HJ	JT	HJ	JT		LJ		LJ	PV		PV		PV		PV	
11:15					DT	SP	DT	SP	DT		DT			PV		PV		PV		PV
12:00		SP	JT	SP					HJ		HJ	LJ		LJ		LJ		LJ		LJ
12:45	LJ		LJ			DT		DT	SP	DT		DT	JT	HJ	JT	HJ	JT	HJ	JT	HJ
1:30				JT	SP		SP		LJ		LJ			DT		DT		DT		DT
2:15	HJ		HJ		JT		JT			SP		TJ	DT	TJ	DT	TJ	DT	TJ	DT	TJ
3:00						LJ		LJ	HT		HT		HJ	JT	HJ	JT	HJ	JT	HJ	JT
3:45		LJ		LJ					HJ	HT	HJ	HT								
4:15														HT		HT		HT		HT

MASTERS THROWS PENTATHLON

SATURDAY	TRACK					F/M
8:45	5000m					
9:00	1000m	1200m	1500m		9:00	HT
10:00	60mH	80mH				SP
10:45	1500m RW					DT
11:15	100m timed finals					JT
12:00	rascals					WT
12:45	800m timed finals					
1:30	60m timed finals					
2:15	200m timed finals					
3:00	600m timed finals					
3:45						
4:15	4x100m relays (fun)					

Track takes precedence! If there are conflicts, athletes should check into both events and attend track first.

Track events run youngest to oldest; alternating female then male except hurdles.

In field events, athletes up to 13 years old get 3 attempts (unless completing with older athletes); 14 years old and older get 4 attempts.