Friday Evening

Field	Discus	Javelin			
6:00pm	U16/U18/Open Women	U16/U18/Open Men			
7:15pm	U16/U18/Open Men	U16/U18/Open Women			

Saturday

Track		Field	Long Jump #1	Long jump #2	High jump	Shot put	Discus	Ball Throw
9:00am		9:00am	LJ U12B Flight #1	LJ U12B Flight #2	HJ U14G Flight #1	SP U12G Flight #1	DT U14B Flight #1	
9:15am	1500m RW OW							
	1500m RW OM							
9:30am	100m HT U16G							
	100m HT U18/OW							
	100m HT U16B							
	100m HT U18/OM							
10:00am	80m U14G							
	80m U14B							
10:20 am	60m U12G				HJ U14G Flight #2			
	60m U12B							
10:40 am	60m U10G					SP U12G Flight #2	DT U14B Flight #2	
	60m U10B							
Hurdle set up)							
11:00am	200m H U14G Exhibition							
	200m H U14B Exhibition							
11:10am	200m H U16G		LJ U12G Flight #1					
	200m H U16B							
11:25am	400m H U18/OW			Long Jump U10B	HJ U14B Flight#1	SP U12B Flight #1		Ball Throw U10G
	400m H U18/OM						DT U14G Flight #1	
11:35am	100m F U16G							
	100m F U18/OW							
	100m F U16M							
	100m F U18/OM							
11:55pm	Lunch break							
12:30pm	800m U14B		Long Jump U10G			SP U12B Flight #2		
	800m U14G			LJ U12G Flight #2				Ball Throw U10B
1:00pm	800m U16B							
	800m U16G							
	800m U18/OW						DT U14G Flight #2	
	800m U18/OM							
1:30pm	600m U10G					SP U16/U18/Open W		
	600m U12G							
	600m U10B							
	600m U12B							
2:00pm								
2:15pm	Medley U10G							
	Medley U10B							
2:20pm	Medley U12/U14G							
2:25pm	Medley U12/U14B							
2:30pm	Medley U16/U18/OW							
2:40pm	Medley U16/U18/OM							

Sunday

Track		Field	Long Jump #1	Long jump #2	High jump	Shot put	Standing LJ	Turbo Jav	Time
9:00am		9:00am	LJ U14B Flight #1	LJ U14B Flight #2		SP U14G Flight #1	Standing LJ U10G	T Jav U12G	
9:15am	3000m U18/OW								
	3000mm U18/OM								
9:30am	200m HT U16G						Standing LJ U10B	T Jav U12B	
	200m HT U16B								
	200m HT U18/OW								
	200m HT U18/OM								
10:00am	150m U10G				U16/U18/Open W				
10.00am	150m U12G								-
	150m U14G								
10:20am	150m U10B			U16/U18/Open M					
	150m U12B			010/010/Open M					
	150m U14B					SP U14G Flight #2			-
						GF 014G Flight #2			-
Hurdle set up 10:50am	80m H U14G Exhibition					-			+
ru.guann									+
	80m H U14B Exhibition							T Inv IIIA C	44.00-1
11.10-	80m H U16G				1140/1140/0			T Jav U10 G	11:00am
11:10am	100m H U16B				U16/U18/Open M				
	100m H U18/OW								
	110m H U18OM							T Jav U10B	11:40am
11:50AM	Lunch Break								_
12:20pm	200m F U16G	12:20pm	LJ U14G Flight #1	LJ U14G Flight #2		SP U14B Flight #1			
	200m F U18/OW								_
	200m F U16B								
	200m F U18/OM								
12:40pm	1000m U12G								
	1000m U12B								
1:00pm	1500m U18/OW					SP U16/U8/OM			
	1500m U/18/OM						Standing LJ U12B		1:10pm
1:15pm	300m U16B								
	300m U16G								
	300m U10B	1:20pm	U16/U18/Open W						
	300m U10G								
1:35pm	1200m U14B						Standing LJ U12G		1:35pm
	1200m U14G								
1:50pm	1200m U16B								
	1200m U16G	2:00pm				SP U14B Flight #2			
2:10pm	400m U18/OW								
	400m U18/OM								
2:20pm	4x100m U10/U12 G				1				
	4x100m U10/U12 B								
	4x100m U14/U16 G			-					
	4x100m U14/U16 B								+
	4x100m U18/OW								+
	4x100m U18/OM								
	4x800m U16/U18/W				+	+			+
2:40pm				1	1	1	1	1	1