

Friday		
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	Time
9:00am		9:00am	LJ U12B	LJ U12G Flight #2	HJ U14G Flight #1	SP U12G Flight #1	DT U14B Flight #1		
9:10am	1500m RW OW								
	1500m RW OM								
9:25am	100m HT U16G								
9:35am	100m HT U18								
9:38am	100m HT OW								
9:41am	100m HT U16B								
9:47am	100m HT U18								
9:50am	100m HT OM								
10:00am	80m U14G								
10:10am	80m U14B								
10:20am	60m U12G				HJ U14G Flight #2				
10:25am	60m U12B						DT U14B Flight #2		
10:30 am	60m U10G					SP U12G Flight #2			
10:35am	60m U10B								
Hurdle set up									
11:00am	200m H U14G Exhibition								
	200m H U14B Exhibition								
11:10am	200m H U16G		LJ U12G FLight #1	Long Jump U10B					
	200m H U16B								
11:25am	400m H U18/OW				HJ U14B Flight#1	SP U12B Flight #1		Ball Throw U10G	11:25am
	400m H U18/OM						DT U14G Flight #1		
11:35am	100m Finals U16G								
	100m Finals U18G								
	100m Finals OW								
	100m Finals U16M								
	100m Finals U18 M								
	100m Finals OM								
11:55pm	Lunch break								
12:30pm	800m U14B		Long Jump U10G					Ball Throw U10B	12:40pm
	800m U14G								
1:00pm	800m U16B					SP U16/U18/Open W			
	800m U16G								
1:20pm	800m U18/OM						DT U14G Flight #2		1:20pm
	800m U18/OW								
1:30pm	600m U10G								
	600m U12G								
	600m U10B								
	600m U12B								
2:10pm	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								

* H stands for Hurdles, HT stands for Heats

Sunday

Track		Field	Long Jump #1	Long jump #2	High jump	Shot put	Standing LJ	Turbo Jav	
9:00am	2000m U16B	9:00am	LJ U14B Flight #1	LJ U14B Flight #2		SP U14G Flight #1	Standing LJ U10G	T Jav U12G	9:00am
9:15am	3000m U18/OM								
9:30am	200m HT U16G						Standing LJ U10B	T Jav U12B	9:30am
9:39am	200m HT U18/OW								
9:42am	200m HT U16B								
9:48am	200m HT U18B								
9:52am	200m HT OM								
10:05am	150m U10G								
	150m U12G								
	150m U14G								
10:30am	150m U10B		U16/U18/Open M Flight #1	U16/U18/Open M Flight #2					10:30am
	150m U12B					SP U14G Flight #2			10:35am
	150m U14B								
Hurdle set up									
11:00am	80m H U14G Exhibition				U16/U18/Open W				
	80m H U14B Exhibition								
	80m H U16G							T Jav U10 G	11:00am
11:15am	100m H U16B								
	100m H U18/OW								
	110m H U18OM							T Jav U10B	11:40am
11:45AM	Lunch Break								
12:20pm	200m Final U16G	12:20pm	LJ U14G Flight #1	LJ U14G Flight #2		SP U14B Flight #1			
	200m Final U18/OW								
12:30pm	200m Final U16B				U16/U18/Open M				12:30pm
	200m Final U18B								
	200m Final OM								
12:45pm	1000m U12G								
12:50pm	1000m U12B								
1:05pm	1500m U18/OW					SP U16/U8/OM			1:05pm
	1500m U18/OM						Standing LJ U12B		1:10pm
1:20pm	300m U16B								
	300m U16G								
	300m U10B	1:20pm	U16/U18/Open W Flight #1	U16/U18/Open W Flight #2					
	300m U10G								
1:35pm	1200m U14B						Standing LJ U12G		1:35pm
	1200m U14G								
1:55pm	1200m U16B					SP U14B Flight #2			1:55pm
	1200m U16G								
2:10pm	400m U18/OW								
	400m U18/OM								
2:20pm	4x100m U10/U12 G								
	4x100m U10/U12 B								
2:30pm	4x100m U14/U16 G								
	4x100m U14/U16 B								
	4x100m U18/OW								
	4x100m U18/OM								
2:40pm	4x800m U16/U18/W								
	4x800m U16/U18/M								

*H stands for Hurdles and HT for Heat