

Track		Field										
Time	Event	Time	Long Jump Pit 1	Long Jump Pit 2	Discus	Shot Put #1 & #2	Standing LJ	Pole Vault	High Jump			
8:30		8:30			Discus U14B Flight 2	Shot Put U10B	SLT U10G					
8:45		8:45										
9:00	80m U12B	9:00									HJ U16M, OpenM	
9:15	80m U12G	9:15										
9:30	100m U14G	9:30										
9:45	100m U16W heats	9:45										
10:00	100m U14B	10:00										
10:15	100m U16M heats	10:15		LJ U14G Flight 1	Discus U14G Flight 2	Shot Put U12B Flight 1 & 2	SLJ U12G Flight 1 & 2					
10:30	100m OpenW heats	10:30	LJ U14B Flight 1									
10:45	100m OpenM heats	10:45										
11:00	60m U10B	11:00										
11:15	60m U10G	11:15										
11:25	Hurdles Setup	11:30										
11:45	80mH U14B Exhibition	11:40										
11:50	80mH U14G Exhibition	11:50										
12:00	Lunch Break											
12:35	800m U14G	12:35				Shot Put U12G Flight 1 & 2	SLJ U12B Flight 1 & 2	PV U16M, OpenM, PV U16W, OpenW	HJ U16W, OpenW			
12:50	800m U14B	12:50										
1:05	300m U10B	1:05		LJ U14G Flight 2	Discus U14G Flight 1							
1:20	300m U10G	1:20	LJ U14B Flight 2									
1:35	800m U16M	1:35										
1:50	800m U16W	1:50										
2:05	800m OpenW	2:05										
2:20	800m OpenM	2:20				Shot Put U10G	SLJ U10B					
2:35	400m U12B	2:35										
2:50	400m U12G	2:50	LJ U16M, OpenM	LJ U16W, OpenW	Discus U14B Flight 1							
3:05	100m U16W Finals	3:05										
3:20	100m U16M Finals	3:20										
3:35	100m OpenW Finals	3:35										
3:50	100m OpenM Finals	3:50										
4:05	U10B , U10G 4x100m	4:05										
4:15	U12B , U14B 4x100m	4:20										
4:25	U12G, U14G 4x100m	4:35										