

| Track |                    | Field |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
|-------|--------------------|-------|------------------|-------------------|------------------|------------------|--------------------------|--------------------------|---------------------|--|--|--------------------|
| Time  | Event              | Time  | Long Jump Pit 1  | Long Jump Pit 2   | High Jump #1     | High Jump #2     | Shot Put/Ball Throw #1   | Shot Put/Ball Throw #2   | Hammer Throw/Discus |  |  |                    |
| 8:30  | 150 U10G           | 8:30  | LJ U10B          |                   | HJ U14B Flight 2 | HJ U14B Flight 1 | Ball Throw U12B Flight 2 | Ball Throw U12B Flight 1 |                     |  |  |                    |
| 8:45  | 150m U12G          | 8:45  | LJ U10B          |                   | HJ U14B Flight 2 | HJ U14B Flight 1 | Ball Throw U12B Flight 2 | Ball Throw U12B Flight 1 |                     |  |  |                    |
| 9:00  | 200m U14G          | 9:00  |                  | LJ U10G           |                  |                  |                          |                          |                     |  |  |                    |
| 9:15  | 200m U16W heats    | 9:15  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 9:30  | 200m U16M heats    | 9:30  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 9:45  | 200m OpenM heats   | 9:45  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 10:00 | 200m OpenW heats   | 10:00 |                  | TripJ U16M, OpenM |                  |                  |                          |                          |                     |  |  |                    |
| 10:15 | 200m U14B          | 10:15 |                  |                   | HJ U14G Flight 2 | HJ U14G Flight 1 | Ball Throw U12 Flight 1  | Ball Throw U12G Flight 2 |                     |  |  |                    |
| 10:30 | 150m U12B          | 10:30 |                  | TripJ U16W, OpenW |                  |                  |                          |                          |                     |  |  |                    |
| 10:45 | 150 U10B           | 10:45 |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 11:00 |                    | 11:00 |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 11:15 |                    | 11:15 |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 11:30 |                    | 11:30 |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 11:45 | <b>Lunch Break</b> |       |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 12:15 | 600m U10G          | 12:15 | LJ U12B Flight 2 | LJ U12B Flight 1  |                  |                  | SP U14B Flight 1         | SP U14B Flight 2         | HT U16W, OpenW      |  |  |                    |
| 12:30 | 800m U12G          | 12:30 | LJ U12B Flight 2 | LJ U12B Flight 1  |                  |                  | SP U14B Flight 1         | SP U14B Flight 2         |                     |  |  |                    |
| 12:45 | 1200m U14G         | 12:45 |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 1:00  | 200m U16W Finals   | 1:00  |                  |                   |                  |                  |                          |                          |                     |  |  | Discus U16M, OpenM |
| 1:15  | 200m U16M Finals   | 1:15  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 1:30  | 200m OpenW Finals  | 1:30  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 1:45  | 200m OpenM Finals  | 1:45  |                  |                   |                  |                  |                          |                          |                     |  |  | Discus U16W, OpenW |
| 2:00  | 600m U10B          | 2:00  | LJ U12G Flight 1 | LJ U12G Flight 2  |                  |                  | SP U14G Flight 1         | SP U14G Flight 2         |                     |  |  |                    |
| 2:15  | 800m U12B          | 2:15  | LJ U12G Flight 1 | LJ U12G Flight 2  |                  |                  |                          |                          |                     |  |  |                    |
| 2:30  | 1200m U14B         | 2:30  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 2:45  | 1200m U16W         | 2:45  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 3:00  | 1200m U16M         | 3:00  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 3:15  | 1500m OpenW        | 3:15  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 3:30  | 1500m OpenM        | 3:30  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 3:45  | U12B , U14B Medley | 3:45  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 4:00  | U12G, U14G Medley  | 4:00  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |
| 4:15  | U10B , U10G Medley | 4:15  |                  |                   |                  |                  |                          |                          |                     |  |  |                    |