



2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

**July 5-6, 2025
(REVISED 4-27-2025)**

Location	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9																													
Sanctioning bodies	World Athletics and Athletics Ontario																													
Hosted by	Flying Angels Track Club																													
Facility	Outdoor 8-lane track used for competition Indoor track is available for athlete warm-ups The indoor track has an oval and straightaway, and access to two long jump and triple jump pits																													
Entry Information	Online Registration is through trackie.com using the following link: www.Trackie.com/Event/2025FlyingAngelsInternational																													
Entry Deadline	Monday, June 30, 2025 @ 11:59 pm \$20 per individual event; \$25 per relay																													
Late Entry Deadline	Wednesday, July 2, 2025 @ 11:59 pm \$35 per individual event; \$40 per relay No entries are allowed after the late entry deadline.																													
Enquiries	track@flyingangels.ca																													
Athlete Eligibility	Athletes may represent their country, association, club, school, or community at this meet Athletes may also participate as unattached																													
Age Divisions	The athlete's division is based on their <u>year</u> of birth: <table border="0" style="margin-left: 20px;"> <tr><td>Under 8</td><td>(Born 2018 & Younger)</td></tr> <tr><td>Under 9</td><td>(Born 2017)</td></tr> <tr><td>Under 10</td><td>(Born 2016)</td></tr> <tr><td>Under 11</td><td>(Born 2015)</td></tr> <tr><td>Under 12</td><td>(Born 2014)</td></tr> <tr><td>Under 13</td><td>(Born 2013)</td></tr> <tr><td>Under 14</td><td>(Born 2012)</td></tr> <tr><td>Under 15</td><td>(Born 2011)</td></tr> <tr><td>Under 16</td><td>(Born 2010)</td></tr> <tr><td>Under 18</td><td>(Born 2008 & 2009)</td></tr> <tr><td>Under 20</td><td>(Born 2006 & 2007)</td></tr> <tr><td>Open</td><td>(Born 2005 & older)</td></tr> <tr><td>Masters 35+</td><td>(Born 1990 & older)</td></tr> <tr><td>Parents & Coaches</td><td>(Born 1994 & older)</td></tr> </table>		Under 8	(Born 2018 & Younger)	Under 9	(Born 2017)	Under 10	(Born 2016)	Under 11	(Born 2015)	Under 12	(Born 2014)	Under 13	(Born 2013)	Under 14	(Born 2012)	Under 15	(Born 2011)	Under 16	(Born 2010)	Under 18	(Born 2008 & 2009)	Under 20	(Born 2006 & 2007)	Open	(Born 2005 & older)	Masters 35+	(Born 1990 & older)	Parents & Coaches	(Born 1994 & older)
Under 8	(Born 2018 & Younger)																													
Under 9	(Born 2017)																													
Under 10	(Born 2016)																													
Under 11	(Born 2015)																													
Under 12	(Born 2014)																													
Under 13	(Born 2013)																													
Under 14	(Born 2012)																													
Under 15	(Born 2011)																													
Under 16	(Born 2010)																													
Under 18	(Born 2008 & 2009)																													
Under 20	(Born 2006 & 2007)																													
Open	(Born 2005 & older)																													
Masters 35+	(Born 1990 & older)																													
Parents & Coaches	(Born 1994 & older)																													
Sprints	100m	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open, Masters, Parents & Coaches																												
	200m	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
	400m	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
Distance	800m	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
	1200m	U9, U10																												
	1500m	U11, U12, U13, U14, U15, U16, U18, U20, Open																												
	2000m	U13, U14																												
	3000m	U15, U16, U18, U20, Open																												
Hurdles	80m Hurdles	U13, U14, U15 Girls, U16 Girls																												
	100m Hurdles	U15 Boys, U16 Boys, U18 Girls, U20 Women, Open Women																												
	110m Hurdles	U18 Boys, U20 Men, Open Men																												
	200m Hurdles	U13, U14, U15, U16																												

	400m Hurdles	U18, U20, Open
Jumps	Long Jump	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Triple Jump	U13, U14, U15, U16, U18, U20, Open
	High Jump	U11, U12, U13, U14, U15, U16, U18, U20, Open
	Pole Vault	U15, U16, U18, U20, Open
Throws	Shot Put	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Discus	U13, U14, U15, U16, U18, U20, Open
	Javelin	U13, U14, U15, U16, U18, U20, Open
Relays	4x100	U9-U10, U11-U12, U13-U14, U15-U16, U18, U20, Open
	Mixed 4x100	Parents & Coaches
	4x400	U15-U16, U18, U20
	Mixed 4x400	Open
	Sprint Medley (400m-200m-200m-800m)	U9-U10, U11-U12, U13- U14

Age Group Note The athlete's age on **December 31, 2025**, determines his/her division.

Event Notes Athletes may compete in an event in an older division.
Mixed 4x400 must have at least two females

Packet Pickup Coaches must pick up their team packet in the Hospitality room upstairs in the main building.
Athlete and coach wristbands will be in the team packages.

Facility Rules Only coaches, and competitors warming up or attending the awards ceremony are permitted into the Indoor Field House.

All competition areas are off-limits to non-competitors at all times.

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin-style spikes are allowed on the track. Only pyramid spikes will be allowed.

Meet Admission Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted one coach wristband for every eight registered athletes.

Spectators All spectators must watch the meet from the bleachers.

Spectators may access the Spectator Gallery upstairs in the fieldhouse to view the awards ceremony.

General Admission Spectator passes are \$10 each day. A 2-day weekend pass is on sale for \$15. Children 6 years old and under are free.

Wristbands for spectators are sold at the stadium entrance.

Schedule A copy of the Tentative schedule is attached. Event times are approximate. The Final schedule will be posted online at www.flyingangels.ca and www.trackie.com and emailed to coaches on Thursday, July 3, 2025.

Warm Up Area The indoor track is available for athletes to warm up.
Only athletes and coaches are allowed in the warm-up area
Access the indoor track through the doors at the stadium's southwest end.
No warm-up is allowed on the competition track or the infield.
Athletes and teams are not allowed to camp out or loiter in the warm-up track

ACC & Check-In Procedure The Athlete Control Centre (ACC) is located at the indoor track
The entrance to the indoor track is located at the southwest end of the stadium
Athletes must check in at the Athlete Control Centre for all track events when the event is called
Athletes will be escorted to their events by the Marshall
Athletes should check in for the field events at the event area when the event is called

Results	Live results will be available at flyingangels.ca and athletic.net Meet results will be posted at flyingangels.ca and trackie.com after the meet
Awards	There will be a medal presentation ceremony after each event. The Awards Ceremony will take place in the Fieldhouse. Spectators may watch the awards ceremonies from the upstairs gallery. The top eight finishers in each event final must make their way to the awards ceremony following the conclusion of their event. <ul style="list-style-type: none"> • The Top eight finishers in each event final receive a medal • The team with the most accumulated points overall receives a trophy • The Male and Female athlete who scores the most points in each division receives a trophy • The Male and Female athlete who is voted the Most Outstanding Performer by the awards panel receives a trophy
Scoring	The top three finishers in each event will score points for their teams as follows: 1 st place (3 points), 2 nd place (2 points), 3 rd place (1 point)
False Start Rule	The false start rule follows those of the IAAF, with the following exception: in events staged for the U14 and younger divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.
Advancement to Finals	The athletes with the eight fastest times after the heats in the 100m, 200m, and Sprint Hurdles will qualify for the finals. If eight or fewer athletes are present for a division in the heats of the 100m, 200m, or sprint hurdles event, then that race will be run for lane draws in the Finals. Athletes must run in the heats to be eligible for the finals.
Simultaneous Events	Athletes do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.
Late Arrival to an Event	Athletes arriving late for their field event may join the event in progress. However, they must start at the round being contested. Latecomers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.
Long Jump Take-Off Board	The take off board for the U8, U9, and U10 divisions will be one meter away from the pit. Successful attempts are measured from the furthest end of the take-off board. Athletes who step over the board during their attempt will be charged with a "fault".
Implements	All throwing implements will be provided by meet management. Personal implements will be allowed and once checked in, will be added to the competition equipment pool.
Parents & Coaches Race	There will be a Parents and Coaches 100m and Mixed 4x100 relay. Coaches & parents must be 30 years old or older to participate. There must be at least two females on each Parents and Coaches 4x100 relay team. These events are not scored and no points will count toward the total team points.
Protest	All protests must be filed within 10 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes the result, 10 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The Referee's decision may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$100 will be returned if the protest is upheld.
Parking	There is parking available on the east and west sides of the stadium. Parking is a flat rate of \$5/day at the parking lot on the weekends.
Hotels	Many hotels are within a 15-minute drive of York University. Google "York University" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS THROW	JAVELIN THROW
U9 & U10 Girls	2.00 kg	N/A	N/A
U11 & U12 Girls	2.73 kg	N/A	N/A
U13 & U14 Girls	3.00 kg	0.75 kg	400g
U15 & U16 Girls	3.00 kg	1.00 kg	500g
U18 Girls	3.00 kg	1.00 kg	500g
U20 Women	4.00 kg	1.00 kg	600g
Open Women	4.00 kg	1.00 kg	600g
U9 & U10 Boys	2.00 kg	N/A	N/A
U11 & U12 Boys	2.73 kg	N/A	N/A
U13 & U14 Boys	3.00 kg	0.75 kg	400g
U15 & U16 Boys	4.00 kg	1.00 kg	600g
U18 Boys	5.00 kg	1.50 kg	700g
U20 Men	6.00 kg	1.75 kg	800g
Open Men	7.26 kg	2.00 kg	800g

HURDLES SPECIFICATIONS

Division	Distance	# of Hurdles	Height	Dist. to 1st Hurdle	Dist. between Hurdles
U13 & U14 Girls	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Girls	80m	8	0.762m (30")	12.00m	8.00m
U18 Girls	100m	10	0.762m (30")	13.00m	8.50m
U20 Women	100m	10	0.840m (33")	13.00m	8.50m
Open Women	100m	10	0.840m (33")	13.00m	8.50m
U13 & U14 Boys	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Boys	100m	10	0.840m (33")	13.00m	8.50m
U18 Boys	110m	10	0.914m (36")	13.72m	9.14m
U20 Men	110m	10	0.990m (39")	13.72m	9.14m
Open Men	110m	10	1.067m (42")	13.72m	9.14m

INTERMEDIATE HURDLES

U13 & U14 Girls	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Girls	200m	5	0.762m (30")	20.00m	35.00m
U18 Girls	400m	10	0.762m (30")	45.00m	35.00m
U20 Women	400m	10	0.762m (30")	45.00m	35.00m
Open Women	400m	10	0.762m (30")	45.00m	35.00m
U13 & U14 Boys	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Boys	200m	5	0.762m (30")	20.00m	35.00m
U18 Boys	400m	10	0.840m (33")	45.00m	35.00m
U20 Men	400m	10	0.914m (36")	45.00m	35.00m
Open Men	400m	10	0.914m (36")	45.00m	35.00m



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 5, 2025

Time	Event	Round	Age Group
9:00	1200m	Timed Finals	U11 Girls, U12 Girls, U11 Boys, U12 Boys
9:20	1500m	Timed Finals	U13 Girls, U14 Girls, U13 Boys, U14 Boys
9:50	400m	Timed Finals	U9 Girls, U9 Boys, U10 Girls, U10 Boys
10:05	400m	Timed Finals	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
10:30	400m	Timed Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
10:55	400m	Timed Finals	U20 Women, U20 Men, Open Women, Open Men
11:15	110m Hurdles (42")	Heats	Open Men
11:20	110m Hurdles (39")	Heats	U20 Men
11:25	110m Hurdles (36")	Heats	U18 Boys
11:35	100m Hurdles (33')	Heats	U16 Boys, U15 Boys, Open Women, U20 Women
11:45	100m Hurdles (30")	Heats	U18 Girls
11:55	80m Hurdles (30")	Heats	U16 Girls, U15 Girls
12:05	80m Hurdles (30")	Heats	U14 Boys, U14 Girls, U13 Boys, U13 Girls
12:15	OPENING CEREMONIES		
12:45	80m Hurdles (30")	Finals	U13 Girls, U13 Boys, U14 Girls, U14 Boys
12:50	80m Hurdles (30")	Finals	U15 Girls, U16 Girls
12:55	100m Hurdles (30")	Finals	U18 Girls
1:00	100m Hurdles (33')	Finals	U20 Women, Open Women, U15 Boys, U16 Boys
1:10	110m Hurdles (36")	Finals	U18 Boys
1:15	110m Hurdles (39")	Finals	U20 Men
1:20	110m Hurdles (42")	Finals	Open Men
1:30	1500m	Timed Finals	U15 Girls, U16 Girls, U15 Boys, U16 Boys
2:00	100m	Heats	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys
2:25	100m	Heats	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
2:50	100m	Heats	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
3:15	100m	Heats	U20 Women, U20 Men, Open Women, Open Men
3:30	1500m	Timed Finals	U18 Girls, U18 Boys
4:00	100m	Finals	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys
4:10	100m	Finals	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
4:20	100m	Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
4:30	100m	Finals	U20 Women, U20 Men, Open Women, Open Men
4:40	100m	Timed Finals	Masters Women, Masters Men
4:45	1500m	Timed Finals	U20 Women, Open Women
5:00	100m	Timed Finals	Parents & Coaches Women, Parents & Coaches Men
5:10	1500m	Timed Finals	U20 Men, Open Men
5:30	4x100 Relay	Timed Finals	U9-10 Girls, U9-10 Boys
5:40	4x100 Relay	Timed Finals	U11-12 Girls, U11-12 Boys, U13-14 Girls, U13-14 Boys
5:50	4x100 Relay	Timed Finals	U15-16 Girls, U15-16 Boys, U18 Girls, U18 Boys
6:00	4x100 Relay	Timed Finals	U20 Women, U20 Men, Open Women, Open Men



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 5, 2025

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:15	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	High Jump U11 & U12 Girls	Long Jump U15 & U16 Girls	Long Jump U9 & U10 Boys	Shot Put 4.00kg U15 & U16 Boys	Javelin 400g U13 & U14 Boys & Girls
9:15	9:00				
9:30	Warm up			Warm up	Warm up
9:45	Warm up			Warm up	Warm up
10:00	High Jump U13 & U14 Girls	Warm up	Warm up	Shot Put 4.00kg U13 & U14 Boys	Javelin 500g U15 & U16 & U18 Girls
10:15	10:00				
10:30	Warm up	Long Jump U20 Women & Open Women	Long Jump U11 & U12 Boys	Warm up	Warm up
10:45	10:30				
11:00	High Jump U18 Girls			Shot Put 5.00kg U18 Boys	Javelin 600g U15 & U16 Boys
11:15	11:00				
11:30	Warm up			Warm up	Warm up
11:45	Warm up			Warm up	Warm up
12:00	High Jump U15 & U16 Girls	Long Jump U15 & U16 Boys	Long Jump U13 & U14 Boys	Shot Put 6.00kg U20 Men	Javelin 600g U20 & Open Women
12:15	12:00				
12:30	Warm up			Warm up	Warm up
12:45	Warm up			Warm up	Warm up
1:00	High Jump U20 & Open Women	Warm up	Warm up	Shot Put 7.26kg Open Men	Javelin 700g U18 Boys
1:15	1:00				
1:30	Warm up	Long Jump U18 Girls	Long Jump U9 & U10 Girls	Warm up	Warm up
1:45	1:30				
2:00	High Jump U11 & U12 Boys			Shot Put 3.00kg U13 & U14 Girls	Javelin 800g U20 & Open Men
2:15	2:00				
2:30	Warm up			Warm up	Warm up
2:45	Warm up			Warm up	Warm up
3:00	High Jump U13 & U14 Boys	Long Jump U18 Boys	Long Jump U11 & U12 Girls	Shot Put 3.00kg U15 & U16 Girls	
3:15	3:00				
3:30	Warm up			Warm up	
3:45	Warm up			Warm up	
4:00	High Jump U15 & U16 Boys	Warm up	Warm up	Shot Put 3.00kg U18 Girls	
4:15	4:00				
4:30	Warm up	Long Jump U20 Men & Open Men	Long Jump U13 & U14 Girls	Warm up	
4:45	4:30				
5:00	High Jump U18 Boys			Shot Put 3.00kg U20 & Open Women	
5:15	5:00				
5:30	Warm up			Warm up	
5:45	Warm up			Warm up	
6:00	High Jump U20 & Open Men				
6:15	6:00				



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS Sunday, July 6, 2025

Time	Event	Round	Divisions
9:00	2000m	Final	U13 Girls, U14 Girls, U13 Boys, U14 Boys
9:20	200m Hurdles (30")	Timed Finals	U13 Girls, U13 Boys, U14 Girls, U14 Boys, U15 Girls, U15 Boys, U16 Girls, U16 Boys
9:35	400m Hurdles (30")	Timed Final	U18 Girls, U20 Women, Open Women
9:50	400m Hurdles (33")	Timed Final	U18 Boys
9:55	400m Hurdles (36")	Timed Final	U20 Men, Open Men
10:45	3000m	Final	U15 Girls, U16 Girls, U18 Girls, U20 Women, Open Women
11:15	3000m	Final	U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Men
11:45	200m	Heats	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys
12:10	200m	Heats	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
12:35	200m	Heats	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
1:00	200m	Heats	U20 Women, U20 Men, Open Women, Open Men
1:15	800m	Timed Finals	U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys
1:25	800m	Timed Finals	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
1:50	200m	Finals	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys
2:00	200m	Finals	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys
2:10	200m	Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
2:20	200m	Finals	U20 Women, U20 Men, Open Women, Open Men
2:30	800m	Timed Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys
2:55	800m	Timed Finals	U20 Women, U20 Men, Open Women, Open Men
3:05	Mixed 4x100 Relay	Finals	Parents & Coaches
3:15	Sprint Medley Relay		U9-10 Girls, U11-12 Girls, U13-14 Girls, U9-10 Boys, U11-12 Boys, U13-14 Boys
3:30	4x400	Finals	U15-16 Girls, U18 Girls, U15-16 Boys, U18 Boys
3:45	Mixed 4x400 Relay	Finals	U20 & Open
4:15	Team Awards Ceremony		



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Sunday, July 6, 2025

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:45	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	Pole Vault U15 & U16 Girls 9:00	Triple Jump U20 & Open Men 9:00	Triple Jump U20 & Open Women 9:00	Shot Put 2.00kg U9 & U10 Boys 9:00	Discus Throw 0.75kg U13 & U14 Girls & U13 & U14 Boys 9:00
9:15				Warm up	Warm up
9:30				Warm up	Warm up
9:45				Warm up	Warm up
10:00	Warm up	Triple Jump U18 Boys 10:30	Triple Jump U18 Girls 10:30	Shot Put 2.00kg U9 & U10 Girls 10:00	Discus Throw 1.00kg U15 & U16 & U18 Girls 10:00
10:15	Warm up			Warm up	
10:30	Warm up			Warm up	
10:45	Warm up			Warm up	
11:00	Pole Vault U20 & Open Women 11:30	Triple Jump U13 & U14 Boys 12:00	Triple Jump U13 & U14 Girls 12:00	Shot Put 2.72kg U11 & U12 Girls 11:00	Discus Throw 1.00kg U20 & Open Women 11:00
11:15				Warm up	Warm up
11:30				Warm up	Warm up
11:45				Warm up	Warm up
12:00	Pole Vault U15 & U16 Boys 12:45	Triple Jump U15 & U16 Boys 1:30	Triple Jump U15 & U16 Girls 1:30	Shot Put 2.72kg U11 & U12 Boys 12:00	Discus Throw 2.00kg Open Men 12:00
12:15				Warm up	Warm up
12:30				Warm up	Warm up
12:45				Warm up	Warm up
1:00	Pole Vault U18, U20 & Open Men 2:00	Long Jump U8 Boys 3:00	Long Jump U8 Girls 3:00		Discus Throw 1.75kg U20 Men 1:00
1:15				Warm up	Warm up
1:30				Warm up	Warm up
1:45				Warm up	Warm up
2:00	Pole Vault U18, U20 & Open Men 2:00	Long Jump U8 Boys 3:00	Long Jump U8 Girls 3:00		Discus Throw 1.50kg U18 Boys 2:00
2:15				Warm up	Warm up
2:30				Warm up	Warm up
2:45				Warm up	Warm up
3:00	Pole Vault U18, U20 & Open Men 2:00	Long Jump U8 Boys 3:00	Long Jump U8 Girls 3:00		Discus Throw 1.00kg U15 & U16 Boys 3:00
3:15				Warm up	Warm up
3:30				Warm up	Warm up
3:45				Warm up	Warm up
4:00					