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| **Friday** |  |  |
| **Field** | Discus | Javelin |
| 6:00pm | U16/U18/Open/Masters Women | U16/U18/Open/Masters Men |
| 7:15pm | U16/U18/Open/Masters Men | U16/U18/Open/Masters Women |

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| **Saturday-Track** |  | Long Jump #1 | Long jump #2 | High jump | Shot put (South circle) | Shot put (North circle) | Discus | Ball Throw | Time-Field |
| 9:00am | 1500m RW M/W | LJ U12B | LJ U12G Flight #2 | HJ U14G Flight #1 | SP U12G Flight #1 |  | DT U14B Flight #1 |  |  |
| 9:10 | 100m H U16M PENT |  |  |  |  |  |  |  |  |
| 9:15am | 100m Heat U16G |  |  |  |  |  |  |  |  |
| 9:23am | 100m Heat U18 |  |  |  |  |  |  |  |  |
| 9:31am | 100m Heat OW/Masters |  |  |  |  |  |  |  |  |
| 9:35am | 100m Heat U16B |  |  |  |  |  |  |  |  |
| 9:40am | 100m Heat U18 |  |  |  |  |  |  |  |  |
| 9:48am | 100m Heat OM |  |  |  |  |  |  |  |  |
| 9:58am | 80m U14G |  |  |  | Men’s U16/U18/Open/Master | Women’s U16/U18/Open/Masters |  |  |  |
| 10:05am | 80m U14B | U16M PENT |  |  |  |  |  |  |  |
| 10:10am | 60m U12G |  |  | HJ U14G Flight #2 |  |  | DT U14G Flight #1 |  |  |
| 10:25am | 60m U12B |  |  |  |  |  |  |  |  |
| 10:30 am | 60m U10G |  |  |  |  |  |  |  |  |
| 10:35am | 60m U10B |  |  |  |  |  |  |  |  |
| **Hurdle set up** |  |  |  |  |  |  |  |  |  |
| 10:55am | 200m Hurdles U14G Exhibition |  |  |  | U16M PENT |  |  |  |  |
| 11:00am | 200m Hurdles U16G | LJ U12G Flight #1 | Long Jump U10B |  |  |  |  |  |  |
| 11:15am | 400m Hurdles U18/OW |  |  |  |  | SP U12B Flight #1 |  | U10G | 11:25am |
|  | 400m Hurdles U18/OM |  |  |  |  |  | DT U14G Flight #2 |  |  |
| 11:30am | 100m Finals U16G |  |  | HJ U14B Flight bb |  |  |  |  |  |
|  | 100m Finals U18G |  |  |  |  |  |  |  |  |
|  | 100m Finals OW/Masters |  |  |  |  |  |  |  |  |
|  | 100m Finals U16M |  |  |  |  |  |  |  |  |
|  | 100m Finals U18 M |  |  |  |  |  |  |  |  |
|  | 100m Finals OM |  |  |  |  |  |  |  |  |
| **11:50pm** | **Lunch break** |  |  |  |  |  |  |  |  |
| 12:30pm | 800m U14B | Long Jump U10G |  |  |  |  |  |  |  |
|  | 800m U14G |  |  |  |  | SP U12G Flight #2 |  | U10B | 12:40pm |
| 1:00pm | 800m U16B |  |  |  |  |  |  |  |  |
|  | 800m U16G |  |  |  |  |  |  |  |  |
| 1:20pm | 800m U18/OM |  |  | U16M PENT |  |  |  |  | 1:20pm |
|  | 800m U18/OW |  |  |  |  |  |  |  |  |
| 1:30pm | 600m U10G |  |  |  |  |  |  |  |  |
|  | 600m U12G |  |  |  |  |  |  |  |  |
|  | 600m U10B |  |  |  |  |  |  |  |  |
|  | 600m U12B |  |  |  |  |  |  |  |  |
| 2:10pm | 1000m U16B PENT |  |  |  |  |  |  |  |  |
| 2:20pm | Medley U10G |  |  |  |  |  |  |  |  |
|  | Medley U12/U14G |  |  |  |  |  |  |  |  |
|  | Medley U16G |  |  |  |  |  |  |  |  |

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| **Sunday-track** |  | Long Jump #1 | Long jump #2 | High jump | Shot put (North) | Standing LJ | Turbo Jav | Field |
| 9:00am | 2000m U16G | LJ U14B Flight | LJ U16W |  | SP U14G Flight #1 | Standing LJ U10G | T Jav U12G | 9:00am |
|  |  |  |  |  |  |  |  |  |
| 9:15 | 200 Heat U16G |  |  |  |  |  |  |  |
| 9:25 | 200m Heat U16 |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Standing LJ U10B | T Jav U12B | 9:30am |
| 9:33am | 200m Heat 18W/OW |  |  |  |  |  |  |  |
| 9:42am | 200m Heat U16B |  |  |  |  |  |  |  |
| 9:46am | 200m Heat U18B |  |  |  |  |  |  |  |
| 9:55am | 200m Heat OM |  |  |  |  |  |  |  |
| 10:15am | 150m U10G |  | U18W/OW/Masters |  |  |  |  |  |
|  | 150m U12G |  |  |  |  |  |  |  |
|  | 150m U14G |  |  |  |  |  |  |  |
| 10:40am | 150m U10B | U16M/U18/OM/Masters |  |  | SP U14G Flight #2 |  |  |  |
|  | 150m U12B |  |  |  |  |  |  |  |
|  | 150m U14B |  |  |  |  |  |  |  |
| **Hurdle set up** |  |  |  |  |  |  |  |  |
| 11:00am | 80m Hurdles U14G Exhibition |  |  | U16/U18/Open W |  |  |  |  |
|  | 80m Hurdles U16G |  |  |  |  |  | T Jav U10 G | 11:00am |
| 11:15am | 100m Hurdles U16B |  |  |  |  |  |  |  |
|  | 100m Hurdles U18W |  |  |  |  |  |  |  |
|  | 110m Hurdles U18M |  |  |  |  |  | T Jav U10B | 11:40am |
| **11:45AM** | Lunch Break |  |  |  |  |  |  |  |
| 12:20pm | 200m Final U16G | LJ U14G Flight #1 | LJ U14G Flight #2 |  | SP U14B Flight |  |  |  |
|  | 200m Final U18/OW |  |  |  |  |  |  |  |
| 12:30pm | 200m Final U16B |  |  |  |  |  |  |  |
|  | 200m Final U18B |  |  |  |  |  |  |  |
|  | 200m Final OM |  |  | U16/U18/Open M |  |  |  | 12:40pm |
| 12:45pm | 1000m U12G |  |  |  |  |  |  |  |
| 12:50pm | 1000m U12B |  |  |  |  |  |  |  |
| 1:05pm | 1500m U18/OW |  |  |  |  |  |  |  |
|  | 1500m U/18/OM |  |  |  |  | Standing LJ U12B |  | 1:10pm |
| 1:20pm | 300m U16B |  |  |  |  |  |  |  |
|  | 300m U16G |  |  |  |  |  |  |  |
|  | 300m U10B |  |  |  |  |  |  |  |
|  | 300m U10G |  |  |  |  |  |  |  |
| 1:35pm | 1000m U14B |  |  |  |  | Standing LJ U12G |  | 1:35pm |
|  | 1000m U14G |  |  |  |  |  |  |  |
| 1:55pm | 1200m U16B |  |  |  |  |  |  | 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 |  |  |  |  |  |  |  |