

## **TRACK EVENTS Day 1**

### **Time – Event**

9:00 – 2000m Female (U14/16 Final)  
9:20 – 2000m Male (U14/16 Final)  
9:45 – 3000m Female (U18+ Final)  
10:10 – 3000m Male (U18+ Final)  
10:35 – 3000m Race Walk (Mixed U14+ Final)  
11:00 – 80mH Female (U14 Prelim)  
11:05 – 80mH Female (U16 Prelim)  
11:10 – 80mH Male (U14 Prelim)  
11:20 – 100mH Female (U18 Prelim)  
11:25 – 100mH Male (U16 Prelim)  
11:35 – 100mH Female (U20/Senior Prelim)  
11:45 – 110mH Male (U18 Prelim)  
11:55 – 110mH Male (U20/Senior Prelim)  
12:05 – 80m Female (U14 Prelim)  
12:10 – 80m Male (U14 Prelim)  
12:35 – 100m Female (U14+ Prelim)  
12:55 – 100m Male (U14+ Prelim)

## **FIELD EVENTS Day 1**

### **Time – Event**

10:00 – Hammer – Male and Female (U14 and above)  
10:00 – Long Jump (Female U14-U16)  
10:35 – High Jump – Male (U14 and above)  
11:15 – Long Jump (Male U14-U16)  
12:15 – Shot Put – Male (U14 and above)  
12:35 – High Jump – Female (U14 and above)  
1:15 – Shot Put – Female (U14 and above)  
2:00 – Long Jump – Female (U18+)  
3:30 – Long Jump – Male (U18+)  
3:30 – Javelin – Male (U14 and above)  
4:30 – Javelin – Female (U14 and above)

## **TRACK EVENTS Day 1**

## **FIELD EVENTS Day 1**

### **Break**

2:00 – 80mH Female (U14 Final)

2:05 – 80mH Female (U16 Final)

2:10 – 80mH Male (U14 Final)

2:20 – 100mH Female (U18 Final)

2:25 – 100mH Male (U16 Final)

2:30 – 100mH Female (U20/Senior Final)

2:35 – 110mH Male (U18 Final)

2:40 – 110mH Male (U20/Senior Final)

2:45 – 80m Female (U14 Final)

2:50 – 80m Male (U14 Final)

2:55 – 100m Female (U16 Final)

3:00 – 100m Female (U18 Final)

3:05 – 100m Female (U20 Final)

3:10 – 100m Female (Senior Final)

3:15 – 100m Male (U16 Final)

3:20 – 100m Male (U18 Final)

3:25 – 100m Male (U20 Final)

3:30 – 100m Male (Senior Final)

3:45 – 300m Female (U14/U16 Final)

3:50 – 300m Male (U14/U16 Final)

4:00 – 400m Female (U16+ Final)

**TRACK EVENTS Day 1**

4:10 – 400m Male (U16+ Final)

4:20 – 800m Female (U14+ Final)

4:30 – 800m Male (U14+ Final)

4:45 – 4x100 Relay Female (U14+)

4:55 – 4x100 Relay Male (U14+)

5:10 – 5000m Mixed (U20+ Final)

**FIELD EVENTS Day 1**

**TRACK EVENTS Day 2****Time – Event**

9:00 – 1500m Female (U18+ Final)

9:20 – 1500m Male (U18+ Final)

9:40 – 1200m Female (U14/U16 Final)

9:55 – 1200m Male (U14/U16 Final)

10:30 – 150m Male (U14 Final)

10:40 – 150m Female (U14 Final)

11:00 – 200m Female (U16 Prelim)

11:10 – 200m Female (U18 Prelim)

11:20 – 200m Female (U20 Prelim)

11:30 – 200m Female (Senior Prelim)

11:40 – 200m Male (U16 Prelim)

11:50 – 200m Male (U18 Prelim)

12:00 – 200m Male (U20 Prelim)

12:10 – 200m Male (Senior Prelim)

12:15 – BREAK

1:15 – 60m Female (Tetrathlon)

1:30 – 60m Male (Tetrathlon)

1:45 – 200m Female (U16 Final)

1:50 – 200m Female (U18 Final)

1:55 – 200m Female (U20 Final)

2:00 – 200m Female (Senior Final)

**FIELD EVENTS Day 2****Time – Event**

10:00 – Javelin – Male (U14 and above)

10:20 – Discus – Female (U14 and above)

10:50 – Triple Jump – Female (U14 and above)

11:30 – Discus – Male (U14 and above)

1:45 – Long Jump – Female (Tetrathlon)

1:45 – Shot Put – Male (Tetrathlon)

2:30 – Long Jump – Male (Tetrathlon)

2:30 – Shot Put – Female (Tetrathlon)

1:30 – Javelin – Female (U14 and above)

3:30 – Triple Jump – Male (U14 and above)

**TRACK EVENTS Day 2**

2:05 – 200m Male (U16 Final)

2:10 – 200m Male (U18 Final)

2:15 – 200m Male (U20 Final)

2:20 – 200m Male (Senior Final)

2:30 – 200mH Female (U14/U16 Final)

2:40 – 200mH Male (U14/U16 Final)

2:55 – 400mH Female (U18+ Final)

3:05 – 400mH Male (U18+ Final)

3:30 – 600m Female (Tetrathlon)

3:45 – 600m Male (Tetrathlon)

4:00 – Medley Relay Female (U14+)

4:15 – Medley Relay Male (U14+)

**FIELD EVENTS Day 2**