

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		OPEN (20+)	
SATURDAY	2017		2016		2015		2014		2013		2012/2011		2010/2009		2008/2007		2006 + earlier	
9:00	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
9:45	SP		SP		SP		SP	LJ		LJ		TJ	HT		HT		HT	
10:30									HT		HT			SP		SP	LJ	LJ
11:15		SP		SP		JT						LJ	HT		HT		HT	
12:00							JT	HJ		HJ			DT		DT			
12:45				LJ		LJ						JT		JT				
1:30				JT			LJ		LJ	HJ		DT						
2:15													SP	TJ	SP	TJ		
3:00	LJ		LJ		LJ						DT							
3:45																	SP	SP
4:15																		

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		OPEN (20+)	
SUNDAY	2017		2016		2015		2014		2013		2012/2011		2010/2009		2008/2007		2006 + earlier	
9:00	F	M	F	M	F	M	F	M	F	M	F	M	F	M			F	M
9:45		LJ	JT		JT				DT		DT		SP	LJ	HJ	LJ	HJ	
10:30							JT		JT				DT		DT			
11:15						SP		SP			LJ	HJ		JT		JT		
12:00									SP	JT		JT	TJ		TJ		DT	DT
12:45											POLE VAULT FOR FEMALE AND MALE: WARM UP STARTS AT 12PM							
1:30									SP	JT				LJ		LJ		
2:15																	JT	JT
3:00																		
3:45																		
4:15																		
430																		

SATURDAY	TRACK			SUNDAY	TRACK		
9:00	80mH	100mH	110mH	8:45	5000m		
9:30	1000m	1200m	1500m	9:05	300mH	400mH	
10:30	100m heats			9:45	2000m	3000m	
11:30	300m Finals			10:45	60m Finals		
12:00	rascals 60m		JD awards	11:15	200m heats		
12:45	400m Finals			12:00	1500m RW		
1:30	1500m SC	2000m SC	3000m SC	12:45	800m Finals		
2:15	100m Finals			1:30	600m Finals		
3:00				2:15	200m Finals		
3:45	4x100m relays		U16+	3:00	4x400m relays		U16+
4:15				3:45			
				4:15			