

DAY 1 TRACK

Time	Event
10:30 AM	80mH Female (U14 Prelim)
10:35 AM	80mH Female (U16 Prelim / Pentathlon Female)
10:40 AM	80mH Male (U14 Prelim)
10:50 AM	100mH Heptathlon (Women)
11:00 AM	100mH Female (U18 Prelim)
11:05 AM	100mH Male (U16 Prelim / Pentathlon Male)
11:10 AM	100mH Female (U20/Senior Prelim)
11:20 AM	110mH Male (U18 Prelim)
11:25 AM	110mH Male (U20/Senior Prelim)
11:40 AM	2000m Female (U14/U16 Final)
12:00 PM	2000m Male (U14/U16 Final)
12:15 PM	3000m Female (U18+ Final)
12:35 PM	3000m Male (U18+ Final)
1:15 PM	80mH Female (U14 Final)
1:20 PM	80mH Female (U16 Final)
1:25 PM	80mH Male (U14 Final)
1:35 PM	100mH Female (U18 Final)
1:40 PM	100mH Male (U16 Final)
1:45 PM	100mH Female (U20/Senior Final)
1:55 PM	110mH Male (U18 Final)

Time	Event
2:00 PM	110mH Male (U20/Senior Final)
2:10–2:45 PM	All 100m Prelims (U16–Masters, Female followed by Male)
2:45–3:15 PM	Track Break
3:15 PM	80m Female (U14 Final)
3:25 PM	80m Male (U14 Final)
3:40 PM	1000m Pentathlon (Male)
3:50 PM	200m Heptathlon (Women)
4:00 PM	100m Female (U16 Final)
4:05 PM	100m Female (U18 Final)
4:10 PM	100m Female (U20 Final)
4:15 PM	100m Female (Senior Final)
4:20 PM	100m Male (U16 Final)
4:25 PM	100m Male (U18 Final)
4:30 PM	100m Male (U20 Final)
4:35 PM	100m Male (Senior Final)
4:45 PM	300m Female (U14/U16 Final)
4:55 PM	300m Male (U14/U16 Final)
5:15 PM	800m Pentathlon (Female)
5:25 PM	400m Female (U16+ Final)
5:30 PM	400m Male (U16+ Final)
5:45 PM	800m Female (U14+ Final)

Time	Event
5:55 PM	800m Male (U14+ Final)
6:15 PM	4×100 Relay Female (U14+)
6:25 PM	4×100 Relay Male (U14+)

DAY 2 TRACK

Time	Event
10:00 AM	1500m Female (U18+ Final)
10:20 AM	1500m Male (U18+ Final)
10:40 AM	1200m Female (U14/U16 Final)
10:55 AM	1200m Male (U14/U16 Final)
11:10 AM	3000m Race Walk (Mixed U14+ Final)
11:45 AM	150m Male (U14 Final)
11:55 AM	150m Female (U14 Final)
12:00–12:45 PM	All 200m Prelims
1:00 PM	60m Female (Tetrathlon)
1:10 PM	60m Male (Tetrathlon)
1:20 PM	Break
2:20 PM	200m Female (U16 Final)
2:25 PM	200m Female (U18 Final)
2:30 PM	200m Female (U20 Final)
2:35 PM	200m Female (Senior Final)

Time	Event
2:40 PM	200m Male (U16 Final)
2:45 PM	200m Male (U18 Final)
2:50 PM	200m Male (U20 Final)
2:55 PM	200m Male (Senior Final)
3:05 PM	600m Female (Tetrathlon)
3:20 PM	600m Male (Tetrathlon)
3:35 PM	200mH Female (U14/U16 Final)
3:45 PM	200mH Male (U14/U16 Final)
4:00 PM	400mH Female (U18+ Final)
4:10 PM	400mH Male (U18+ Final)
4:20 PM	800m Heptathlon (Women)
4:35 PM	Medley Relay Female (U14+)
4:50 PM	Medley Relay Male (U14+)
5:05 PM	5000m Mixed (U20+ Final)

DAY 1 FIELD

Time	Event
10:30 AM	Hammer Throw (Male & Female U14+)
10:30 AM	Long Jump (Female U14-U16)
11:05 AM	High Jump (Male U14+)
12:05 PM	Pentathlon High Jump

Time	Event
12:05 PM	High Jump (Heptathlon Women)
12:15 PM	Long Jump (Male U14–U16)
12:30 PM	Pentathlon Shot Put
1:00 PM	Shot Put (Male U14+)
1:05 PM	High Jump (Female U14+)
1:45 PM	Shot Put (Heptathlon Women)
1:45 PM	Pentathlon Long Jump
2:30 PM	Shot Put (Female U14+)
2:00 PM	Long Jump (Female U18+)
3:30 PM	Long Jump (Male U18+)

DAY 2 FIELD

Time	Event
10:00 AM	Javelin (Male U14+)
10:00 AM	Long Jump (Heptathlon Women)
10:30 AM	Discus (Female U14+)
11:00 AM	Triple Jump (Female U14+)
12:00 PM	Discus (Male U14+)
12:15 PM	Javelin (Heptathlon Women)
1:30 PM	Javelin (Female U14+)
1:45 PM	Long Jump (Female Tetrathlon)

Time	Event
1:45 PM	Shot Put (Male Tetrathlon)
2:30 PM	Long Jump (Male Tetrathlon)
2:30 PM	Shot Put (Female Tetrathlon)
3:30 PM	Triple Jump (Male U14+)

Combined Events

Heptathlon (Female)

Day	Time	Event
Day 1	10:50 AM	100m Hurdles
Day 1	12:05 PM	High Jump
Day 1	1:45 PM	Shot Put
Day 1	3:50 PM	200m
Day 2	10:00 AM	Long Jump
Day 2	12:15 PM	Javelin
Day 2	4:20 PM	800m

Pentathlon (Female)

Day	Time	Event
Day 1	10:35 AM	80m Hurdles
Day 1	12:05 PM	High Jump
Day 1	12:30 PM	Shot Put

Day	Time	Event
Day 1	1:45 PM	Long Jump
Day 1	5:15 PM	800m

Pentathlon (Male)

Day	Time	Event
Day 1	11:05 AM	100m Hurdles
Day 1	12:05 AM	High Jump
Day 1	12:30 PM	Shot Put
Day 1	1:45 PM	Long Jump
Day 1	3:40 PM	1000m