

DAY 1 TRACK

Time	Event
10:30 AM	80mH Female (U14 Prelim)
10:35 AM	80mH Female (U16 Prelim)
10:40 AM	80mH Female (Pentathlon Women)
10:50 AM	100mH Heptathlon (Women)
11:00 AM	100mH Female (U20/Senior Prelim)
11:05 AM	100mH (Pentathlon Male)
11:10 AM	100mH Male (U16 Prelim)
11:20 AM	110mH Male (U18 Prelim)
11:25 AM	110mH Male (Senior Prelim)
11:40 AM	2000m Female and Male (U16 Final)
11:55 AM	3000m Female and Male (U18, U20, masters)
12:15 PM	80mH Female (U14 Final)
12:20 PM	80mH Female (U16 Final)
12:30 PM	100mH Female (U20/Senior Final)
12:35 PM	100mH Male (U16 Final)
12:45 PM	110mH Male (U18 Final)
12:50 PM	110mH Male (Senior Final)
1:10 PM	All 100m Prelims (Female followed by Male)
1:30 PM	TRACK BREAK
2:00 PM	80m Female (U14 Final)

Time	Event
2:05 PM	80m Male (U14 Final)
2:15	All 100m Finals (Female followed by Male)
2:45 PM	300m Female and Male (U14/U16)
3:00 PM	400m Female (U16+ Final)
3:05 PM	400m Male (U16+ Final)
3:15 PM	800m Female (U14+ Final)
3:25 PM	800m Male (U14+ Final)
3:30 PM	Pentathlon 800m (Female)
3:45 PM	Heptathlon 200m (Female)
3:55 PM	Pentathlon 1000m (Male)
4:20 PM	4×100 Relay Female (U14+)

DAY 2 TRACK

Time	Event
10:00 AM	1500m Female and Male (All Final)
10:15 AM	1200m Female and Male (All Final)
10:30 AM	3000m RW (Male Final)
11:00 AM	150m Female (U14 Final)
11:15 AM	200m Prelim Male
11:30 AM	200m Prelim Female
11:50 AM	60m Female (Tetrathlon)

Time	Event
12:05 PM	60m Male (Tetrathlon)
12:15 PM	TRACK BREAK
1:00 PM	200m Male Final
1:15 PM	200m Female Final
1:30 PM	200mH Female and Male Final
1:45 PM	400mH Female and Male Final
2:00 PM	800m Heptathlon (Women)
2:15 PM	Medley Relay Male (U14+)
2:30 PM	600m Female (Tetrathlon)
2:45 PM	600m Male (Tetrathlon)
3:00 PM	5000m Mixed (U20+ Final)

DAY 1 FIELD

Time	Event
10:30 AM	Hammer Throw (Male & Female U14+)
11:00 AM	Long Jump (Female All)
11:35 AM	High Jump Pentathlon/Heptathlon (Males+ Females)
12:05 PM	High Jump (Male All)
1:00 PM	Long Jump (Male All)
1:00 PM	Pentathlon/Heptathlon Shot Put
1:30	High Jump (Female All)

Time	Event
2:00 PM	Shot Put (Male All)
2:00 PM	Pentathlon Long Jump
3:15 PM	Shot Put (Female All)

DAY 2 FIELD

Time	Event
10:00 AM	Long Jump (Heptathlon Women)
10:30 AM	Discus (Female All)
11:00 AM	Triple Jump (Female All)
12:00 PM	Discus (Male All)
12:15 PM	Javelin (Heptathlon Women)
1:30 PM	Javelin (Male and Female)
12:30 PM	Long Jump (Female Tetrathlon)
12:30 PM	Shot Put (Male Tetrathlon)
1:30 PM	Long Jump (Male Tetrathlon)
1:30 PM	Shot Put (Female Tetrathlon)
3:00 PM	Triple Jump (Male All)

Combined Events

Heptathlon (Female)

Day	Time	Event
Day 1	10:50 AM	100m Hurdles
Day 1	11:35 PM	High Jump
Day 1	1:00 PM	Shot Put
Day 1	3:45 PM	200m
Day 2	10:00 AM	Long Jump
Day 2	12:15 PM	Javelin
Day 2	2:00 PM	800m

Pentathlon (Female)

Day	Time	Event
Day 1	10:40 AM	80m Hurdles
Day 1	11:35 PM	High Jump
Day 1	1:00 PM	Shot Put
Day 1	2:00 PM	Long Jump
Day 1	3:30 PM	800m

Pentathlon (Male)

Day	Time	Event
Day 1	11:05 AM	100m Hurdles
Day 1	11:35 AM	High Jump
Day 1	1:00 PM	Shot Put
Day 1	2:00 PM	Long Jump
Day 1	3:55 PM	1000m