

**PROGRAMME 10 FEBRUARY 2011**

TRACK CIRCULAR				TRACK STRAIGHT				FIELD EVENTS		
1 U16G	1500M	HEATS	11.00AM	5 U16G	60M	HEATS	11.00AM	1 U16B	HIGH JUMP	11.00AM
2 O16G	1500M	HEATS		6 O16G	60M	HEATS		2 O16G	LONG JUMP	
3 U16B	1500M	HEATS		7 U16B	60M	HEATS		3 O16B	SHOT PUTT	
4 O16B	1500M	HEATS		8 O16B	60M	HEATS				
9 U16G	300M	HEATS	12.30AM	13 U16G	60M	SEMI	1.30PM	4 U16G	HIGH JUMP	12.30PM
10 O16G	300M	HEATS		14 U16B	60M	SEMI		5 O16B	LONG JUMP	
11 U16B	400M	HEATS		15 O16B	60M	SEMI		6 O16G	SHOT PUTT	
12 O16B	400M	HEATS								
16 U16G	800M	HEATS	1.30PM	20 U16G	60M	FINAL	2.15PM	7 O16G	HIGH JUMP	2.00PM
17 O16G	800M	HEATS		21 O16G	60M	FINAL		8 U16B	LONG JUMP	
18 U16B	800M	HEATS		22 U16B	60M	FINAL		9 U16G	SHOT PUTT	
19 O16B	800M	HEATS		23 O16B	60M	FINAL				
24 U16G	300M	SEMI	2.45PM	28 U16G	60M H	HEATS	2.45PM	10 O16B	HIGH JUMP	3.50PM
25 O16G	300M	SEMI		29 O16G	60M H	HEATS		11 U16G	LONG JUMP	
26 U16B	400M	FINAL		30 U16B	60M H	HEATS		12 U16B	SHOT PUTT	
27 O16B	400M	SEMI		31 O16B	60M H	FINAL				
32 U16G	200M	HEATS	3.15PM	36 U16G	60M H	SEMI	4.00PM	<b>All field event times are provisional. Each event will follow on when the previous one has finished. Athletes must listen to the announcer for the start of their event.</b>		
33 O16G	200M	HEATS		37 O16G	60M H	FINAL				
34 U16B	200M	HEATS		38 U16B	60M H	FINAL				
35 O16B	200M	HEATS								
39 U16G	1500M	FINAL	4.45PM	43 U16G	60M H	FINAL	4.30PM			
40 O16G	1500M	FINAL								
41 U16B	1500M	FINAL								
42 O16B	1500M	FINAL								
44 U16G	200M	SEMI	5.10PM							
45 O16G	200M	SEMI								
46 U16B	200M	SEMI								
47 O16B	200M	SEMI								
48 U16G	300M	FINAL	5.45PM							
49 O16G	300M	FINAL								
50 O16B	400M	FINAL								
51 U16G	800M A	FINAL	6.00PM							
52 U16G	800M B	FINAL								
53 O16G	800M	FINAL								
54 U16B	800M A	FINAL								
55 U16B	800M B	FINAL								
56 O16B	800M	FINAL								
57 U16G	200M	FINAL	6.40PM							
58 O16G	200M	FINAL								
59 U16B	200M	FINAL								
60 O16B	200M	FINAL								

**All times are approximate. Hopefully events will run to time. Athletes must listen to the announcer and are advised not to leave the Arena. If on the day any event does not require heats or semifinals the final will take place at the heat time.**

**ALL COMPETITORS, TRACK AND FIELD MUST REPORT TO DECLARATIONS (AREA A) AT LEAST 60 MINUTES BEFORE THE EVENT TIME. ALL DECLARATIONS WILL CLOSE AT 2.00PM. ANY ATHLETE WHO DOES NOT GO TO DECLARATIONS WILL NOT BE ALLOWED TO COMPETE.**

**Long Jump and Shot Putt competitors will be given 3 trials, with the best 8 competitors being given a further 3 trials. On the completion of the competition the 1st, 2nd and 3rd placed athletes will be taken to the winners dias for presentation of medals.**

**In track events if heats or semi-finals are not required the final will go at heat or semi-final time.**