



Assemble	Time	Age/Gender	Event	
Field				
09:15	09:30	All Male	Hammer	
09:30	10:00	U18/20 Women	High Jump	
09:30	10:00	U18/20 Men	Shot	incl Para
09:30	10:00	U16 Boys	Long	
10:25	10:40	U14 Boys	Shot	Pool 1
10:25	10:40	U14 Boys	Shot	Pool 2
10:30	10:45	All Female	Hammer	
11:25	11:40	U14 Girls	Shot	Pool 1
11:25	11:40	U14 Girls	Shot	Pool 2
11:30	11:45	U16 Girls	High Jump	Pool 1 & 2
11:45	12:00	U14 Boys	Long	Pool 1
12:15	12:30	U18/20 Men	Long	
12:35	12:50	U14 Boys	Long	Pool 2
12:55	13:10	U18/20 Women	Long	
12:55	13:10	U16 Boys	Shot	
13:55	14:10	U14 Girls	Long	Pool 2
13:55	14:10	U16 Girls	Shot	Pool 2
13:55	14:10	U16 Girls	Long	Pool 1
15:15	15:30	U14 Girls	Long	Pool 1
15:15	15:30	U16 Girls	Shot	Pool 1
15:15	15:30	U16 Girls	Long	Pool 2
16:15	16:30	U18/20 Women	Shot	

Assemble	Time	Age/Gender	Event	
Track				
09:30	09:45	Para	100m	
09:45	10:00	U16 Girls	80H	
10:15	10:30	U14 Girls	100m	
11:05	11:20	U14 Boys	100m	
11:35	11:50	U20 Men	110H	
11:35	11:50	U18 Men	110H	
11:55	12:10	U20 Women	100H	
11:55	12:10	U18 Women	100H	
12:15	12:30	U16 Boys	100H	
12:45	13:00	Primary Girls	4 X 100m	Round 1
13:05	13:20	Primary Boys	4 X 100m	Round 1
13:25	13:40	U18 Men	1500M S/C	
13:35	13:50	U18/20 Women	1500M S/C	
13:45	14:00	Para	200M	
13:55	14:10	U18 Men	200M	
13:55	14:10	U20 Men	200M	
14:15	14:30	U16 Boys	200M	
15:05	15:20	Primary Girls	4 X 100m	Round 2
15:25	15:40	Primary Boys	4 X 100m	Round 2
15:25	15:40	U16 Boys	800M	
15:55	16:10	U14 Boys	600M	
16:05	16:20	Primary Girls	4 X 100m	Final
16:15	16:30	Primary Boys	4 X 100m	Final
16:45	17:00	U18/20 Men	1500M	
17:05	17:20	U18/20 Women	800M	
17:15	17:30	U16 Girls	800M	
17:35	17:50	U14 Girls	600M	

Combined Event Athletes: All times after the first event are approx.
Please listen to all announcements!