

FINAL TIMETABLE TRACK

11.15am	75m (U11 Boys) Race 1
11.20am	75m (U11 Boys) Race 2
11.25am	75m (U11 Girls)
11.30am	75m (U13 Girls)
11.40am	100m (U13 Boys)
11.45am	100m (U15 Boys)
11.50am	100m (U15 Girls)
12.00am	100m (U17/U20 Girls)
12.05am	100m (U17/U20 Boys)
12.15pm	800m (U13 Girls/Boys)
12.25pm	800m (U15/U17/U20 Girls/Boys)
12.35pm	600m (U11 Girls/Boys)
12.50pm	3000m (All Age Groups)
1.30pm	150m (U11 Boys)
1.40pm	150m (U11 Girls)
1.50pm	150m (U13 Girls)
2.00pm	200m (U13 Boys)
2.10pm	200m (U15 Boys)
2.20pm	200m (U15 Girls)
2.30pm	200m (U17/ U20 Boys)
2.40pm	200m (U17/ U20 Girls)
2.55pm	1500m (U13 Boys)
3.10pm	1500m (U15/U17/U20 Girls/Boys)
3.25pm	1200m (U11 Girls/Boys/ U13 Girls)
3.45pm	400m (U17/U20 Boys/Girls)
4.00pm	300m (U17 Girls/ U15 Boys/Girls)

FINAL TIMETABLE FIELD

10.45am	Hammer Boys/Girls (All Age Groups) 6 Throws each
12.00pm	High Jump Boys/Girls (All Age Groups)
12.45pm	Discus Boys/Girls (All Age Groups) 6 Throws each
2.15pm	Javelin Boys/Girls (All Age Groups) 6 Throws each
2.45pm	Shot Putt Boys/Girls (All Age Groups) 6 Throws each
3.00pm	Long Jump Boys (All Age Groups) 3 Jumps each
3.15pm	Howler (U11 Boys, U11 Girls, U13 Girls) 6 Throws each
4.45pm	Long Jump Girls (All Age Groups) 3 Jumps each