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| **TRACK TIMETABLE**  |

 |
| **Event No.** | **Event** | **Age Group and Gender** | **Stage** | **Start Time** |
| T1 | 60m Hurdles | U17 Women | Heats | 10.30 |
| T2 | 60m Hurdles | U20 Women | Heats | 10.45 |
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| T3 | 60m Hurdles | Senior Women | Heats | 10.55 |
| T4 | 60m Hurdles | U17 Men | Final | 11.05 |
| T5 | 60m Hurdles | U20 Men | Heats | 11.10 |
| T6 | 60m Hurdles | Senior Men | Final | 11.20 |
| T7 | 300m | U17 Women | Heats | 11.25 |
| T8 | 400m | U20 Women | Heats | 11.45 |
| T9 | 400m | Senior Women | Heats | 12.06 |
| T10 | 400m | MCAA U20 Women | Final | 12.18 |
| T11 | 400m | U17 Men | Heats | 12.22 |
| T12 | 400m | U20 Men | Heats | 12.30 |
| T13 | 400m | Senior Men | Heats | 12.42 |
| T14 | 400m | MCAA SEN / U20 Men | Final | 13.10 |
| T15 | 60m Hurdles | U17 Women | Final | 13.20 |
| T16 | 60m Hurdles | U20 Women | Final | 13.25 |
| T17 | 60m Hurdles | Senior Women | Final | 13.30 |
| T18 | 60m Hurdles | U20 Men | Final | 13.35 |
| T19 | 300m | U17 Women | SFs | 13.40 |
| T20 | 400m | U20 Women | SFs | 13.48 |
| T21 | 400m | Senior Women | Final | 14.00 |
| T22 | 400m | U17 Men | Final | 14.04 |
| T23 | 400m | U20 Men | Final | 14.08 |
| T24 | 400m | Senior Men | SFs | 14.12 |
| T25 | 1500m | Senior Women | Final | 14.25 |
| T26 | 1500m | Senior Men | Heats | 14.30 |
| T27 | 60m | U17 Women | Heats | 14.40 |
| T28 | 60m | U20 Women | Heats | 15.01 |
| T29 | 60m | Senior Women | Heats | 15.17 |
| T30 | 60m | U17 Men | Heats | 15.33 |
| T31 | 60m | U20 Men | Heats | 15.49 |
| T32 | 60m | Senior Men | Heats | 16.09 |
| T33 | 300m | U17 Women | Final | 16.37 |
| T34 | 400m | U20 Women | Final | 16.42 |
| T35 | 400m | Senior Men | Final | 16.47 |
| T36 | 60m | U17 Women | SFs | 16.52 |
| T37 | 60m | U20 Women | SFs | 17.04 |
| T38 | 60m | Senior Women | SFs | 17.12 |
| T39 | 60m | U17 Men | SFs | 17.20 |
| T40 | 60m | U20 Men | SFs | 17.28 |
| T41 | 60m | Senior Men | SFs | 17.40 |
| T42 | 1500m | U17 W / U20 Women | Final | 17.52 |
| T43 | 1500m | U17 Men | Final | 17.57 |
| T44 | 1500m | U20 Men | Final | 18.02 |
| T45 | 1500m | Senior Men | Final | 18.07 |
| T46 | 60m | U17 Women | Final | 18.12 |
| T47 | 60m | U20 Woman | Final | 18.16 |
| T48 | 60m | Senior Women | Final | 18.20 |
| T49 | 60m | U17 Men | Final | 18.24 |
| T50 | 60m | U20 Men | Final | 18.28 |
| T51 | 60m | Senior Men | Final | 18.32 |

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| **FIELD TIMETABLE**  |
| **Event No.** | **Event** | **Age Group and Gender** | **Stage** | **Start Time** |
| F1 | Long Jump | U17 Women | Pools  | 10.50 |
| F2 | Shot Put | U20 Men | Final | 11.00 |
| F3a | Pole Vault | Senior W | Final | 11.30 |
| F3b | Pole Vault | U20 Men | Final | 11.30 |
| F4 | Triple Jump | U20 Women | Final | 12.30 |
| F5 | Long Jump | U17 Men | Final | 12.30 |
| F6 | Long Jump | U20 Women | Final | 13.50 |
| F7 | Triple Jump | U17 Women | Final | 14.00 |
| F8 | Shot Put | Senior Women | Final | 14.00 |
| F9 | Pole Vault | U17 Women | Final | 15.10 |
| F10 | Long Jump | U17 Women | Final | 15.10 |
| F11a | Triple Jump | U20 Men | Final | 15.30 |
| F11b | Triple Jump | U17 Men | Final | 15.30 |

Numbers must be collected from the stewards at least 60 minutes before the start of your event. Please ensure that you declare for each event in which you intend to compete - failure to do so may result in you being excluded from the event. Please inform the steward if you wish to withdraw from an event so that seeders can be informed. Stadium Blocks only may be used .

***Timing of events may be adjusted dependant on numbers of athletes declaring for the event.***