

Sunday –Order of Events

Please note this time table can be subject to change without notice.

REPORTING TIMES

Athletes **MUST** register in person on **each day, NO LATER than 45 MINUTES before the start of their event.**

If you are competing on both days, you **MUST** retain your vest numbers for **BOTH DAYS**

Track athletes must go to 'Call Up' **NO LATER than 20 minutes before their event.**

Field athletes must go to 'Call Up' **NO LATER than 30 minutes before their event.**

Failure to do so could result in you missing your event(s).

Track Events

, the FINAL will be run at heat time

54	10:30	400m Hurdles	Junior/Senior Men		FINAL
55	10:35	100m	Senior Women	Heats	
56	10:40	100m	Junior Women	Heats	
57	10:50	100m	U17 Men	Heats	
58	11:00	100m	U15 Boys	Heats	
59	11:15	1,500m	Junior/Senior Women		FINAL
60	11:25	1,500m	U17 Men		FINAL
61	11:35	1,500m	U15 Boys		FINAL
62	11:45	800m	U15 Girls	Heats	
63	12:05	800m	U17 Women	Heats	
64	12:15	800m	Junior Men		FINAL
65	12:20	800m	Senior Men	Heats	
66	12:25	3,000m	Junior Men		FINAL
67	12:40	110m Hurdles	Senior Men		FINAL
68	12:45	80m Hurdles	U17 Women	Heats	
69	12:55	75m Hurdles	U15 Girls	Heats	
70	13:05	100m	Senior Women		FINAL
71	13:10	100m	Junior Women		FINAL
72	13:15	100m	U17 Men		FINAL
73	13:20	100m	U15 Boys		FINAL
74	13:25	200m	U15 Girls	Heats	
75	13:40	200m	Junior Men	Heats	
76	13:45	200m	Senior Men	Heats	
77	13:55	200m	U17 Women	Heats	
78	14:05	400m	Junior Women		FINAL
79	14:15	400m	U17 Men	Heats	
80	14:25	400m	Senior Women		FINAL
81	14:35	800m	U13 Girls		FINAL
82	14:40	800m	U13 Boys		FINAL
83	14:45	300m	U15 Boys	Heats	
84	14:50	5000m	Senior Men		FINAL
85	15:10	75m Hurdles	U15 Girls		FINAL

86	15:20	80m Hurdles	U17 Women	FINAL
87	15:30	2000m Steeplechase	Senior Women	FINAL
88	15:40	800m	U15 Girls	FINAL
89	15:45	800m	U17 Women	FINAL
90	15:50	800m	Senior Men	FINAL
91	15:55	200m	Senior Men	FINAL
92	16:00	200m	U17 Women	FINAL
93	16:05	200m	U15 Girls	FINAL
94	16:10	200m	Junior Men	FINAL
95	16:20	400m	U17 Men	FINAL
96	16:25	300m	U15 Boys	FINAL

Field Events

F21	10:00	Triple jump	U15Girls/U17 Men & Junior/Senior Women
F22	10:00	Shot	U13 Boys & U15 Girls
F23	10:05	High Jump	Junior/Senior Men
F24	10:10	Hammer	Junior/Senior Men
F25	10:10	Discus	Junior/Senior Women
F26	11:15	Long Jump	U17 Women
F27	11:55	Hammer	U15 girls/U17 Women
F28	11:55	High Jump	U13 Boys & U13 Girls
F29	12:30	Pole Vault	U15G/U17W/Junior/Senior Women
F30	12:30	Discus	U15 Boys/U17 Men
F31	12:55	Long Jump	Junior/Senior Men
F32	13:25	Shot	U17 Women
F33	14:00	Javelin	Junior/Senior Women
F34	14:10	Long Jump	U15 Girls
F35	14:25	High Jump	U15 Boys/U17 Women
F36	15:00	Shot	Junior/Senior Men
F37	15:10	Long Jump	U13 Girls
F38	15:20	Javelin	U15 Boys/U17 Men

Please note:

The above are only approximate times and are subject to alteration depending on the number of actual competitors competir

