

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

If heats are not required, the FINAL will be run at heat time

48	10:45	400m Hurdles	Junior/Senior Men		FINAL
49	10:50	100m	Senior Women	Heats	
50	10:55	100m	Junior Women		FINAL
51	11:00	100m	U17 Men	Heats	
52	11:15	100m	U15 Boys	Heats	
53	11:25	1,500m	Junior/Senior Women		FINAL
54	11:35	1,500m	U17 Men		FINAL
55	11:45	1,500m	U15 Boys		FINAL
56	11:55	800m	U15 Girls	Heats	
57	12:10	800m	U17 Women	Heats	
58	12:20	800m	Junior Men		FINAL
59	12:25	800m	Senior Men		FINAL
60	12:30	3,000m	Junior Men		FINAL
61	12:45	110m Hurdles	Junior Men/Senior Men		FINAL
62	12:55	80m Hurdles	U17 Women		FINAL
63	13:05	75m Hurdles	U15 Girls	Heats	
64	13:15	100m	Senior Women		FINAL
65	13:20	100m	U17 Men		FINAL
66	13:25	100m	U15 Boys		FINAL
67	13:30	200m	U15 Girls	Heats	
68	13:45	200m	Junior Men		FINAL
69	13:50	200m	Senior Men	Heats	
70	14:00	200m	U17 Women	Heats	
71	14:10	400m	Junior Women		FINAL
72	14:20	400m	U17 Men	Heats	
73	14:30	400m	Senior Women	Heats	
74	14:40	800m	U13 Girls		FINAL
75	14:45	800m	U13 Boys		FINAL
76	14:50	300m	U15 Boys		FINAL
77	14:55	5000m	Senior Men		FINAL
78	15:15	75m Hurdles	U15 Girls		FINAL
79	15:25	800m	U15 Girls		FINAL

80	15:30	800m	U17 Women	FINAL
81	15:35	200m	Senior Men	FINAL
82	15:40	200m	U17 Women	FINAL
83	15:45	200m	U15 Girls	FINAL
84	15:50	400m	U17 Men	FINAL
85	15:55	400m	Senior Women	FINAL

Field Events

F20	10:00	Triple jump	U15Girls/U17 Men & Junior/Senior Women
F21	10:00	Shot	U13 Boys & U15 Girls
F22	10:00	Hammer	Junior/Senior Men
F23	10:05	High Jump	Junior/Senior Men
F24	11:05	Discus	Junior/Senior Women
F25	11:15	Long Jump	U17 Women
F26	11:55	High Jump	U13 Boys & U13 Girls
F27	12:15	Hammer	U15 Girls/U17 Women
F28	12:30	Pole Vault	U15G/U17W/Junior/Senior Women
F29	12:55	Long Jump	Junior/Senior Men
F30	13:15	Shot	U17 Women
F31	13:30	Discus	U15 Boys/U17 Men
F32	14:10	Long Jump	U15 Girls
F33	14:15	Javelin	Junior/Senior Women
F34	14:50	High Jump	U15 Boys/U17 Women
F35	15:00	Shot	Junior/Senior Men
F36	15:10	Long Jump	U13 Girls
F37	15:10	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 competing.