

### TRACK

### FIELD

No.	Time	Event	Age Group	Race
W1	11:20	1K Walk	U13 Girls & U13 Boys	Invitation
W2	11:40	1K Walk	U15 Girls & U15 Boys	Invitation
W3	12:00	2K Walk	U17 Women & U17 Men	Invitation
T1	12:20	70M Hurdles	U13 Girls	A followed by B
T2	12:30	75M Hurdles	U13 Boys	A followed by B
T3	12:40	75M Hurdles	U15 Girls	A followed by B
T4	12:50	80M Hurdles	U15 Boys	A followed by B
T5	13:05	150m	U13 Girls	A followed by B
T6	13:15	200m	U13 Boys	A followed by B
T7	13:25	200m	U15 Girls	A followed by B
T8	13:35	200m	U15 Boys	A followed by B
T9	13:50	800m	U13 Girls	A followed by B
T10	14:00	800m	U13 Boys	A followed by B
T11	14:10	800m	U15 Girls	A followed by B
T12	14:20	800m	U15 Boys	A followed by B
T13	14:30	75m	U13 Girls	A followed by B
T14	14:40	100m	U13 Boys	A followed by B
T15	14:50	100m	U15 Girls	A followed by B
T16	15:00	100m	U15 Boys	A followed by B
T17	15:20	300m	U15 Girls	A followed by B
T18	15:30	300m	U15 Boys	A followed by B
T19	15:40	1200m	U13 Girls	A followed by B
T20	15:55	1500m	U13 Boys	A & B
T21	16:05	1500m	U15 Girls	A & B
T22	16:15	1500m	U15 Boys	A & B
T23	16:25	4 x 100m	U13 Girls	
T24	16:35	4 x 100m	U13 Boys	
T25	16:45	4 x 100m	U15 Girls	
T26	16:55	4 x 100m	U15 Boys	
T27	17:05	4 x 300m	U15 Girls	
T28	17:15	4 x 300m	U15 Boys	

No.	Time	Event	Age Group
F1	11:30	Hammer	U15 Boys
F2	11:30	Long Jump	U15 Girls
F3	11:30	High Jump	U13 Boys
F4	11:30	High Jump	U13 Girls
F5	11:45	Shot	U13 Boys
F6	12:00	Pole Vault	U15 Boys
F7	12:30	Hammer	U15 Girls
F8	13:00	Long Jump	U15 Boys
F9	13:00	Shot	U13 Girls
F10	13:30	Javelin	U15 Boys
F11	13:30	High Jump	U15 Girls
F12	14:15	Shot	U15 Boys
F13	14:20	Javelin	U13 Boys
F14	14:30	Discus	U15 Girls
F15	14:30	Long Jump	U13 Girls
F16	15:00	Pole Vault	U15 Girls
F17	15:10	Javelin	U15 Girls
F18	15:30	High Jump	U15 Boys
F19	15:30	Shot	U15 Girls
F20	16:00	Discus	U15 Boys
F21	16:00	Javelin	U13 Girls
F22	16:00	Long Jump	U13 Boys