

**Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.**

<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
1	10.00	300m Hurdles	U17 Women	1
2	10.15	100m	U17 Men	1
3	10.31	100m	U17 Women	1
4	10.50	100m	Sen Men	1
5	11.10	800m	U17 Men	1
6	11.26	800m	U17 Women	1
7	11.38	800m	Sen Men	1
8	11.55	800m	Sen Women	1
9	12.05	300m Hurdles	U17 Women	Final
10	12.18	400m Hurdles	U17 Men	Final
11	12.25	100m	Ambulant M/F	Final
12	12.29	100m	U17 Men	Semi Final
13	12.37	100m	U17 Women	Semi Final
14	12.45	100m	Sen Men	Semi Final
15	12.53	100m	Sen Women	1
16	13.05	5000m	Sen / U20 Women	Final
<b>Lunch</b>				
17	14.00	1500m SC	U17 Men	Final
18	14.15	1500m	U17 Men	1
19	14.37	1500m	U17 Women	1
20	14.51	300m	U17 Women	1
21	15.05	400m	Sen Men	1
22	15.21	400m	U17 Men	1
23	15.33	400m	Sen Women	1
24	15.45	100m	U17 Men	Final
25	15.49	100m	U17 Women	Final
26	16.03	100m	Sen Men	Final
27	16.07	100m	Sen Women	Final
28	16.11	1500m	Sen Men	1
29	16.35	3000m SC	Sen Men	Final
30	16.50	800m	U17 Men	Semi Final
31	16.58	800m	Sen Men	Semi Final
32	17.05	400m	Sen Men	Semi Final

If Heats not required FINALS will go at FINAL Time

<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Info</b>
33	10.00	Discus	U17 Women	
34	10.05	Triple Jump	U17 Women	7m/9m/11m
35	11.15	Javelin	Sen Men	
36	11.30	Pole Vault	U17 Men	2m76
37	12.45	Discus	Sen Women	
38	13.00	Triple Jump	Sen Men	11m/13m
39	13.15	High Jump	Sen Women	1m42
40	14.15	Triple Jump	U17 Men	9m/11m/13m
41	14.15	Javelin	U17 Men	
42	14.30	Shot Put	U17 Women	
43	14.30	Shot Put	Sen Women	
44	14.30	Pole Vault	Sen Men	3m51
45	15.30	Triple Jump	Sen Women	9m/11m
46	15.45	High Jump	U17 Women	1m22
47	15.45	Hammer	U17 Men	
48	15.45	Hammer	Sen Men	

Min 2 Warm Up Attempts

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<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
49	10.00	400m Hurdles	Sen Women	1
50	10.15	200m	U17 Women	1
51	10.35	200m	Sen Men	1
52	11.05	3000m SC	Sen Women	Final
53	11.25	100m Hurdles	U17 Men	1
54	11.45	80m Hurdles	U17 Women	1
55	12.00	300m	U17 Women	Final
56	12.07	400m	U17 Men	Final
57	12.12	400m	Sen Women	Final
58	12.17	400m	Sen Men	Final
59	12.23	200m	U17 Men	1
60	12.35	200m	Sen Women	1
61	12.45	200m	U17 Women	Semi final
62	13.00	200m	Sen Men	Semi final
<b>LUNCH</b>				
63	13.45	400m Hurdles	Sen Women	Final
64	13.53	400m Hurdles	Sen Men	Final
65	14.05	5000m	U20 / Sen Men	Race 1
66	14.25	80m Hurdles	U17 Women	Final
67	14.33	100m Hurdles	Sen Women	Final
68	14.41	100m Hurdles	U17 Men	Final
69	14.49	110m Hurdles	Sen Men	Final
70	15.00	5000m	Sen Men	Race 2
71	15.20	1500m SC	U17 Women	Final
72	15.30	800m	U17 Women	Final
73	15.35	800m	U17 Men	Final
74	15.40	800m	Sen Men	Final
75	15.45	800m	Sen Women	Final
76	15.53	200m	Ambulant M/F	Final
77	16.00	200m	U17 Men	Final
78	16.05	200m	Sen Women	Final
79	16.10	200m	U17 Women	Final
80	16.15	200m	Sen Men	Final
81	16.20	1500m	U17 Women	Final
82	16.30	1500m	U17 Men	Final
83	16.40	1500m	Sen Women	Final
84	16.50	1500m	Sen Men	Final

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85	9.55	Javelin	Sen / U17 Women	
86	10.00	Long Jump	U17 Women	
87	10.55	High Jump	U17 Men	1m62
88	11.30	Hammer	Sen Women	
89	12.00	Shot Put	Sen / U17 Men	
90	12.00	Long Jump	Sen Women	
91	13.00	Hammer	U17 Women	
92	13.35	Long Jump	Sen Men	
93	14.15	Pole Vault	Sen / U17 Women	2m21
94	14.30	High Jump	Sen Men	1m67
95	15.15	Long Jump	U17 Men	
96	15.35	Discus	U17 Men	
97	16.30	Discus	Sen Men	

Min 2 Warm Up Attempts