

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

### Straight Track

Event No	Time	Event	Age Group	Round
1	10.00	60m Hurdles	U13 Girls	1
2	10.25	60m	U13 Boys	1
3	10.45	60m	U13 Girls	1
4	11.15	60m Hurdles	U13 Girls	Semi Final
5	11.30	60m Hurdles	U13 Boys	1
6	11.40	60m Hurdles	U20 Women	1
7	11.50	60m	U13 Boys	Semi Final
8	12.02	60m	U13 Girls	Semi Final
9	12.20	60m Hurdles	U20 Women	Final
10	12.25	60m Hurdles	U13 Boys	Final
11	12.30	60m Hurdles	U13 Girls	Final
12	12.35	60m	U13 Boys	Final
13	12.39	60m	U13 Girls	Final

**Straight Track will take precedence over Circular Track**

All heat lists will be displayed at warm up area. Please check for report time.

If heats are not required FINALS will go at HEAT time.

### Circular Track

Event No	Time	Event	Age Group	Round
14	12.36	200m	U20 Men	1
15	12.56	200m	U20 Women	1
16	13.12	200m	U13 Boys	1
17	13.40	200m	U13 Girls	1
18	14.15	400m	U20 Women	1
19	14.31	400m	U20 Men	1
20	14.45	800m	U13 Girls	Timed Finals
21	15.05	800m	U13 Boys	Timed Finals
22	15.20	200m	U20 Men	Semi Final
23	15.28	200m	U20 Women	Semi Final
24	15.36	200m	U13 Boys	Semi Final
25	15.48	200m	U13 Girls	Semi Final
26	16.00	1500m	U13 Girls	Timed Finals
27	16.18	1500m	U13 Boys	Timed Finals
28	16.36	1500m	U20 Women	Final
29	16.43	1500m	U20 Men	Final
30	16.50	400m	U20 Women	Semi Final
31	16.58	400m	U20 Men	Semi Final
32	17.05	200m	U20 Men	Final
33	17.09	200m	U20 Women	Final
34	17.13	200m	U13 Boys	Final
35	17.17	200m	U13 Girls	Final

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Field				
Event No	Time	Event	Age Group	Info
36	10.00	Long Jump	U20 Women	
37	10.05	Shot Put	U13 Girls	
38	10.15	High Jump	U13 Boys	SH 1.14
39	11.30	Shot Put	U13 Boys	
40	11.40	Long Jump	U20 Men	
41	12.30	Pole Vault	U20 Women	SH 2.29
41	12.30	Pole Vault	U20 Men	SH 3.19
42	13.30	High Jump	U20 Women	SH 1.39
43	13.45	Long Jump	U13 Girls	Pool 1 IN
43	13.45	Long Jump	U13 Girls	Pool 2 OUT
44	15.00	High Jump	U13 Girls	SH 1.24
44	15.00	High Jump	U13 Girls	SH 1.14
45	15.40	Long Jump	U13 Boys	
46	15.40	Shot Put	U20 Women	

All Shot competitions will be held in corner outside back straight .

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only

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### Straight Track

Event No	Time	Event	Age Group	Round
47	10.00	60m Hurdles	U15 Girls	1
48	10.25	60m	U15 Boys	1
49	10.45	60m	U20 Men	1
50	11.05	60m	U15 Girls	1
51	11.37	60m	U20 Women	1
52	12.00	60m Hurdles	U15 Girls	Semi Final
53	12.15	60m Hurdles	U15 Boys	1
54	12.28	60m	U20 Men	Semi Final
55	12.40	60m	U15 Boys	Semi Final
56	12.52	60m	U15 Girls	Semi Final
57	13.04	60m	U20 Women	Semi Final
58	13.15	60m Hurdles	U15 Boys	Final
59	13.20	60m Hurdles	U15 Girls	Final
60	13.25	60m	U20 Men	Final
61	13.29	60m	U15 Boys	Final
62	13.33	60m	U15 Girls	Final
63	13.37	60m	U20 Women	Final

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### Circular Track

Event No	Time	Event	Age Group	Round
64	12.42	400m	U20 Men	Final
65	12.46	400m	U20 Women	Final
66	12.50	300m	U15 Girls	1
67	13.12	1500m	U15 Girls	1
68	13.26	1500m	U15 Boys	1
69	13.40	800m	U15 Girls	1
70	14.00	800m	U15 Boys	1
71	14.16	800m	U20 Women	1
72	14.24	800m	U20 Men	1
73	14.36	200m	U15 Boys	1
74	15.08	200m	U15 Girls	1
75	15.48	300m	U15 Girls	Semi Final
76	15.56	300m	U15 Boys	1
77	16.00	800m	U15 Girls	Final
78	16.05	800m	U15 Boys	Final
79	16.10	800m	U20 Women	Final
80	16.14	800m	U20 Men	Final
81	16.18	200m	U15 Boys	Semi Final
82	16.30	200m	U15 Girls	Semi Final
83	16.50	1500m	U15 Girls	Final
84	17.00	1500m	U15 Boys	Final
85	17.18	300m	U15 Girls	Final
86	17.22	300m	U15 Boys	Final
87	17.26	200m	U15 Boys	Final
88	17.30	200m	U15 Girls	Final

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Field				
Event No	Time	Event	Age	Info
89	10.00	High Jump	U15 Boys	SH 1.29
90	10.00	Long Jump	U15 Girls	Pool 1 IN
90	10.00	Long Jump	U15 Girls	Pool 2 OUT
91	10.10	Shot Put	U20 Men	
92	11.00	Shot Put	U15 Girls	Qual Pool 1
92	11.45	Shot Put	U15 Girls	Qual Pool 2
93	11.45	Triple Jump	U15 Boys	22m Run Up 7m/9m
93	11.45	Triple Jump	U15 Girls	
94	12.00	Pole Vault	U15B	SH 2.01
95	12.00	Pole Vault	U15G	SH 2.01
96	13.00	Shot Put	U15 Girls	Final
97	13.00	Triple Jump	U20 Men	11m/13m
98	14.00	Triple Jump	U20 Women	9m/11m
99	14.15	High Jump	U20 Men	SH 1.68
100	14.45	Shot Put	U15 Boys	
101	15.15	Long Jump	U15 Boys	
102	15.45	High Jump Pool 1	U15 Girls	SH 1.34
102	15.45	High Jump Pool 2	U15 Girls	SH 1.24

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Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - 2 Heights in Warm Up Only