

Athletes must arrive as close to their declaration time as possible, compete and then leave the facility as soon as practical at the end of their event.

Track								
Event No	Declarations		Hurdle Access	Call Up Time	Start Time	Event	Age Group	Heats
	Open	Close						
1	17:15	17:45	18:10	18:25	18:30	70mH	U13 Girls	1 to 2
2	17:25	17:55	18:20	18:35	18:40	75mH	U13 Boys	1
3	17:35	18:05	18:30	18:45	18:50	75mH	U15 Girls	1 to 2
4	17:45	18:15	18:40	18:55	19:00	80mH	U17 Women	1 to 2
5	17:45	18:15	18:40	18:55	19:00	80mH	U15 Boys	1
6	17:55	18:25	18:50	19:05	19:10	100mH	Sen/U20 Women	1 to 2
7	18:05	18:35	19:00	19:15	19:20	100mH	U17 Men	1
8	18:15	18:45	19:10	19:25	19:30	110mH	U20 Men	1
9	18:25	18:55	19:20	19:35	19:40	110mH	Sen Men	1
10	18:35	19:05	19:30	19:45	19:50	400mH	Sen Women	1
11	18:40	19:10	19:35	19:50	19:55	400mH	Sen Men	1

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Track								
Event No	Declarations Open / Close		Call Up Time	Start Time	Event	Age Group	Band	Heats
12	08:45	09:15	09:55	10:00	800m	All	A	1 to 3
13	09:00	09:30	10:10	10:15	800m	All	B	4 to 6
14	09:15	09:45	10:25	10:30	800m	All	C	7 to 9
15	09:30	10:00	10:40	10:45	800m	All	D	10 to 12
16	09:45	10:15	10:55	11:00	800m	All	E	13 to 15
17	10:00	10:30	11:10	11:15	800m	All	F	16 to 18
Break				11:30	Break			
18	10:30	11:00	11:40	11:45	800m	All	G	19 to 21
19	10:45	11:15	11:55	12:00	800m	All	H	22 to 24
20	11:00	11:30	12:10	12:15	800m	All	I	25 to 27
21	11:15	11:45	12:25	12:30	800m	All	J	28 to 30
22	11:30	12:00	12:40	12:45	800m	All	K	31 to 33
23	11:45	12:15	12:55	13:00	400m	Invitation	A	1 to 2
Lunch				13:15	Lunch			
24	12:45	13:15	13:55	14:00	60m	All	A	1 to 3
25	12:55	13:25	14:05	14:10	60m	All	B	4 to 6
26	13:05	13:35	14:15	14:20	60m	All	C	7 to 9
27	13:15	13:45	14:25	14:30	60m	All	D	10 to 12
28	13:25	13:55	14:35	14:40	60m	All	E	13 to 15
29	13:35	14:05	14:45	14:50	60m	All	F	16 to 18
30	13:45	14:15	14:55	15:00	60m	All	G	19 to 21
31	13:55	14:25	15:05	15:10	60m	All	H	22 to 24
32	14:05	14:35	15:15	15:20	60m	All	I	25 to 27
33	14:15	14:45	15:25	15:30	60m	All	J	28 to 30
Break				15:40	Break			
34	14:35	15:05	15:45	15:50	60m	All	K	31 to 33
35	14:45	15:15	15:55	16:00	60m	All	L	34 to 36
36	14:55	15:25	16:05	16:10	60m	All	M	37 to 39
37	15:05	15:35	16:15	16:20	60m	All	N	40 to 42
38	15:15	15:45	16:25	16:30	60m	All	O	43 to 45
Heats will run Fastest to Slowest								

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Field								
Event No	Declarations Open Close		Call Up Time	Start Time	Event	Age Group	Band	Athlete
39	08:45	09:15	09:55	10:00	Long Jump	All	B	1 to 3
40					Shot Put	All	B	1 to 3
Cleaning Break				10:35	Cleaning Break			
39	09:35	10:05	10:45	10:50	Long Jump	All	B	4 to 6
40					Shot Put	All	B	4 to 6
Cleaning Break				11:25	Cleaning Break			
39	10:25	10:55	11:35	11:40	Long Jump	All	B	7 to 9
40					Shot Put	All	B	7 to 9
Cleaning Break				12:15	Cleaning Break			
39	11:15	11:45	12:25	12:30	Long Jump	All	B	10 to 13
40					Shot Put	All	B	10 to 12
Lunch				13:05	Lunch			
41	12:35	13:05	13:45	13:50	Long Jump	All	A	1 to 3
42					Shot Put	All	A	1 to 3
Cleaning Break				14:25	Cleaning Break			
41	13:25	13:55	14:35	14:40	Long Jump	All	A	4 to 6
42					Shot Put	All	A	4 to 7
Cleaning Break				15:15	Cleaning Break			
41	14:15	14:45	15:25	15:30	Long Jump	All	A	7 to 9
42					Shot Put	All	A	8 to 11
Cleaning Break				16:05	Cleaning Break			
41	15:05	15:35	16:15	16:20	Long Jump	All	A	10 to 12
42					Shot Put	All	A	12 to 15
Minimum 2 Warm Up and 4 Competition Trials								

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Track								
Event No	Declarations Open Close		Call Up Time	Time	Event	Age Group	Band	Heats
43	08:45	09:15	09:55	10:00	150m	All	A	1 to 3
44	08:55	09:25	10:05	10:10	150m	All	B	4 to 6
45	09:05	09:35	10:15	10:20	150m	All	C	7 to 9
46	09:15	09:45	10:25	10:30	150m	All	D	10 to 12
47	09:25	09:55	10:35	10:40	150m	All	E	13 to 15
48	09:35	10:05	10:45	10:50	150m	All	F	16 to 18
49	09:45	10:15	10:55	11:00	150m	All	G	19 to 21
50	09:55	10:25	11:05	11:10	150m	All	H	22 to 24
51	10:05	10:35	11:15	11:20	150m	All	I	25 to 27
Break				11:30	Break			
52	10:25	10:55	11:35	11:40	150m	All	J	28 to 30
53	10:35	11:05	11:45	11:50	150m	All	K	31 to 33
54	10:45	11:15	11:55	12:00	150m	All	L	34 to 36
55	10:55	11:25	12:05	12:10	150m	All	M	37 to 39
56	11:05	11:35	12:15	12:20	150m	All	N	40 to 42
57	11:15	11:45	12:25	12:30	150m	All	O	43 to 45
58	11:25	11:55	12:35	12:40	150m	All	P	46 to 48
59	11:35	12:05	12:45	12:50	150m	All	Q	49 to 51
Lunch				13:00	Lunch			
60	12:45	13:15	13:55	14:00	400m	All	A	1 to 4
61	13:00	13:30	14:10	14:15	800m	All	A	2 to 3
62	13:15	13:45	14:25	14:30	800m	All	B	4 to 6
63	13:30	14:00	14:40	14:45	800m	All	C	7 to 9
64	13:45	14:15	14:55	15:00	800m	All	D	10 to 12
65	14:00	14:30	15:10	15:15	800m	All	E	13 to 15
66	14:15	14:45	15:25	15:30	800m	All	F	16 to 18
Break				15:45	Break			
67	14:45	15:15	15:55	16:00	800m	All	G	19 to 21
68	15:00	15:30	16:10	16:15	800m	All	H	22 to 24
69	15:15	15:45	16:25	16:30	800m	All	I	25 to 27
70	15:30	16:00	16:40	16:45	800m	All	J	28 to 30
Heats will run Fastest to Slowest								

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Field								
Event No	Declarations		Call Up Time	Time	Event	Age Group	Band	Athlete
	Open	Close						
71	08:45	09:15	09:50	10:00	Javelin	All	A	1 to 3
72					Discus	All	B	1 to 3
Cleaning Break				10:35	Cleaning Break			
71	09:35	10:05	10:40	10:50	Javelin	All	A	4 to 6
72					Discus	All	B	4 to 6
Cleaning Break				11:25	Cleaning Break			
71	10:25	10:55	11:30	11:40	Javelin	All	A	7 to 9
72					Discus	All	B	7 to 9
Cleaning Break				12:15	Cleaning Break			
71	11:15	11:45	12:20	12:30	Javelin	All	A	10 to 12
72					Discus	All	B	10 to 12
Lunch				13:05	Lunch			
73	12:45	13:15	13:50	14:00	Javelin	All	B	1 to 3
74					Discus	All	A	1 to 3
Cleaning Break				14:35	Cleaning Break			
73	13:35	14:05	14:40	14:50	Javelin	All	B	4 to 7
74					Discus	All	A	4 to 7
Cleaning Break				15:25	Cleaning Break			
73	14:10	14:40	15:15	15:25	Javelin	All	B	8 to 11
74					Discus	All	A	8 to 11
Cleaning Break				16:00	Cleaning Break			
73	15:00	15:30	16:05	16:15	Javelin	All	B	12 to 15
74					Discus	All	A	12 to 15
Minimum 2 Warm Up and 4 Competition Trials								