

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 Open Close		Call Up Time	Time	Event	Age Group	Band	Heats
1	10:55	11:25	12:00	12:10	100m	All	A	1 to 3
2	11:05	11:35	12:10	12:20	100m	All	B	4 to 6
3	11:15	11:45	12:20	12:30	100m	All	C	7 to 9
4	11:25	11:55	12:30	12:40	100m	All	D	10 to 12
5	11:35	12:05	12:40	12:50	100m	All	E	13 to 14
Lunch				13:00	Lunch			
6	12:15	12:45	13:20	13:30	800m	All	A	1 to 3
7	12:30	13:00	13:35	13:45	800m	All	B	4 to 6
8	12:45	13:15	13:50	14:00	800m	All	C	7 to 9
9	13:00	13:30	14:05	14:15	800m	All	D	10 to 13
Heats will run Fastest to Slowest								
Field								
Event No	Declarations Open Close		Call Up Time	Time	Event	Age Group	Band	Athlete
10	10:45	11:15	11:50	12:00	Shot Put	All	B	1 to 6
11					Long Jump	All	B	1 to 5
Lunch				12:45	Lunch			
12	12:00	12:30	13:05	13:15	Shot Put	All	A	1 to 6
13					Long Jump	All	A	1 to 5
Clenaing Break				14:00	Cleaning Break			
14	13:00	13:30	14:05	14:15	Shot Put	All	C	1 to 6
15					Long Jump	All	C	1 to 4
Minimum 2 Warm Up and 4 Competition Trials								