

Athletes must declare their intention to compete at least 60mins before the start of each of their events.

Track				
Event No	Time	Event	Age Group	Round
1	10.00	300m Hurdles	U17 Women	1
2	10.12	100m	U17 Men	1
3	10.30	100m	U17 Women	1
4	10.46	100m	Sen Men	1
5	11.02	100m	Sen Women	1
6	11.15	800m	U17 Men	1
7	11.31	800m	U17 Women	1
8	11.45	800m	Sen Men	1
9	12.00	800m	Sen Women	1
10	12.10	300m Hurdles	U17 Women	Final
11	12.15	400m Hurdles	U17 Men	Final
12	12.20	100m	Ambulant Men	Final
13	12.24	100m	Ambulant Women	Final
14	12.28	100m	U17 Men	Semi Final
15	12.36	100m	U17 Women	Semi Final
16	12.44	100m	Sen Men	Semi Final
17	12.52	100m	Sen Women	Semi Final
18	13.00	5000m	Sen / U20 Women	Final
Lunch				
19	14.00	1500m SC	U17 Men	Final
20	14.15	1500m	U17 Men	1
21	14.29	1500m	U17 Women	1
22	14.45	300m	U17 Women	1
23	15.01	400m	Sen Men	1
24	15.17	400m	U17 Men	1
25	15.30	400m	Sen Women	1
26	15.38	100m	Race Runners	Final
27	15.42	100m	U17 Men	Final
28	15.46	100m	U17 Women	Final
29	15.50	100m	Sen Men	Final
30	15.54	100m	Sen Women	Final
31	16.00	1500m	Sen Men	1
32	16.15	3000m SC	Sen Men	Final
33	16.30	800m	U17 Men	Semi Final
34	16.40	800m	U17 Women	Semi Final
35	16.50	800m	Sen Men	Semi Final
36	17.00	400m	Sen Men	Semi Final
37	17.10	300m	U17 Women	Semi Final

If Heats are not required FINALS will go at FINAL Time

Field				
Event No	Time	Event	Age Group	Info
38	10.00	Discus	U17 Women	
39	10.00	Triple Jump	U17 Men	9m/11m
40	11.30	Javelin	Sen Men	
41	11.45	Pole Vault	U17 Men	2m70
42	13.15	Discus	Sen Women	
43	13.15	Triple Jump	Sen Men	11m/13m
44	13.15	High Jump	Sen Women	1m42
45	14.00	Pole Vault	Sen Men	3m70
46	14.15	Triple Jump	U17 Women	7m/9/11m
47	14.15	Shot Put	U17 Women	
48	14.30	Javelin	U17 Men	
49	15.30	Shot Put	Sen Women	
50	15.30	Triple Jump	Sen Women	9m/11m
51	15.45	High Jump	U17 Women	1m22
52	15.45	Hammer	U17 Men	
53	15.45	Hammer	Sen Men	
54	17.00	Seated Discus	Men / Women	
55		Seated Club	Men / Women	
56		Seated Javelin	Men / Women	

Min 2 Warm Up Attempts

Athletes must declare their intention to compete at least 60mins before the start of each of their events.				
Track				
Event No	Time	Event	Age Group	Round
57	10.00	200m	U17 Women	1
58	10.16	200m	U17 Men	1
59	10.32	200m	Sen Men	1
60	10.55	3000m SC	Sen Women	Final
61	11.15	100m Hurdles	U17 Men	1
62	11.25	80m Hurdles	U17 Women	1
63	11.35	5000m	U20 / Sen Men	Race 1
64	11.55	200m	Sen Women	1
65	12.10	200m	U17 Women	Semi final
66	12.20	200m	U17 Men	Semi final
67	12.30	200m	Sen Men	Semi final
68	12.40	1500m SC	U17 Women	Final
Lunch				
69	13.45	400m Hurdles	Sen Women	Final
70	13.50	400m Hurdles	Sen Men	Final
71	13.55	400m	Race Runners	Final
72	14.00	400m	U17 Men	Final
73	14.05	400m	Sen Women	Final
74	14.10	400m	Sen Men	Final
75	14.15	300m	U17 Women	Final
76	14.20	80m Hurdles	U17 Women	Final
77	14.25	100m Hurdles	Sen Women	Final
78	14.30	100m Hurdles	U17 Men	Final
79	14.35	110m Hurdles	Sen Men	Final
80	14.45	5000m	Sen Men	Race 2
81	15.10	800m	U17 Women	Final
82	15.15	800m	U17 Men	Final
83	15.20	800m	Sen Men	Final
84	15.25	800m	Sen Women	Final
85	15.30	200m	Ambulant Women	Final
86	15.35	200m	Ambulant Men	Final
87	15.40	200m	U17 Men	Final
88	15.45	200m	Sen Women	Final
89	15.50	200m	U17 Women	Final
90	15.55	200m	Sen Men	Final
91	16.00	1500m	U17 Women	Final
92	16.10	1500m	U17 Men	Final
93	16.20	1500m	Sen Women	Final
94	16.30	1500m	Sen Men	Final

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Field				
Event No.	Time	Event	Age Group	Info
95	10.00	Hammer	U17 Women	
96	10.00	Long Jump	U17 Women	
97	10.55	High Jump	U17 Men	1m62
98	11.30	Hammer	Sen Women	
99	11.30	Long Jump	Sen Women	
100	12.00	Shot Put	Sen / U17 Men	
101	13.00	Javelin	Sen / U17 Women	
102	13.15	Long Jump	Sen Men	
103	13.15	Pole Vault	U17 Women	2m20
104	13.15	Pole Vault	Sen Women	2m40
105	14.30	High Jump	Sen Men	1m67
106	15.00	Long Jump	U17 Men	
107	15.00	Discus	Sen Men	
108	16.00	Discus	U17 Men	

Min 2 Warm Up Attempts