

11:00am:3000m: Senior Men and Senior Women

All sprints on stand side

Girls sprints start 11:15am

Girls U9	60m
Girls U11	60m
Girls U13	80m
Girls U15	100m
Girls U17	100m
Senior Ladies	100m
Master Ladies	100m

Finals of above where heats are required

Boys sprints start 12:15pm

Boys U9	60m
Boys U11	60m
Boys U13	80m
Boys U15	100m
Boys U17	100m
Senior Men	100m
Master Men	100m

Finals of above where heats are required

1500m Start 1:30pm

Boys u15	1500m
Girls U15	1500m
Boys U17	1500m
Girls U17	1500m

300m/600m Start 2.00pm

Girls U9	300m
Boys U9	300m
Girls U11	600m
Boys U11	600m

200m Start 2.30pm

Girls U15	200m
Boys U15	200m

800m Start 2.45pm

Girls U13	800m
Boys U13	800m
Senior Men	800m
Senior Ladies	800m

Relays Start 3.00pm

Notes

The times are to be used as guidelines only, events may be moved forward or back on the day to facilitate the smooth flow of events..

Please listen to Public Address for details

If heats are required in sprints, a minimum of 3 will qualify from each heat for the next round (applies 1st round only)

Turbo Jav –Runway A

Boys U11	11:00am
Girls U11	12:00pm

Turbo Jav –Runway B

Boys U9	11:00am
Girls u9	12:00pm

High Jump

Boys U15	11:00am
Girls U15	12:00pm

Shot Putt

Boys u17 - 5kg	11:15am
Girls u17 - 3kg	12:00pm
Boys U13 - 2kg	1:00pm
Girls u13 - 2kg	1.30pm
Senior Ladies – 4kg	2pm
Master Ladies – 4kg	2pm
Men's Weight Throw -	2:30pm

Boys U13	Javelin	2pm
Grils U13	Javelin	2:30pm

Long Jump

Boys u13	11:00am
Boys U17	12:00pm
Senior Men	12:00pm
Girls u13	12:30pm
Girls u17	2:30pm
Senior Ladies	2:30pm