**TRACK TIMETABLE DAY 1**

**REPORTING TIME FOR ALL TRACK EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES RECEPTION AND 20 MINUTES BEFORE THE START OF YOUR RACE TO THE MARKSMEN**

**STARTING BLOCKS MAY BE USED IN HEATS AND FINALS BY UNDER 20 AND SENIOR ATHLETES AND BY UNDER 17, UNDER 15 AND UNDER 13 ATHLETES IN FINALS ONLY**

T1 10:30 U15 Girls 75m Hurdles Heats to Final 14 to T10

T2 10:40 Sen Men 110m Hurdles FINAL 7

T3 10:45 U20 Men 110m Hurdles FINAL 5

T4 10:50` U17 Men 100m Hurdles FINAL 5

T5 10:55 Sen Women 100m Hurdles FINAL 4

T6 11:00 U20 Women 100m Hurdles FINAL 4

T7 11:05 U15 Boys 80m Hurdles FINAL 7

T8 11:10 U17 Women 80m Hurdles FINAL 5

T9 11:15 U13 Boys 75m Hurdles FINAL 2

T10 11:20 U15 Girls 75m Hurdles FINAL

T11 11:25 U13 Girls 70m Hurdles FINAL 7

T12 11:30 Sen Women 3000m FINAL 2

T13 11:30 U20 Women 3000m FINAL 2

T14 11:30 Mast. Women 3000m FINAL 0

T15 11:45 U17 Women 300m FINAL 8

T16 11:50 U15 Boys 1500m Heats to Final 19 to T51

T17 12:00 U15 Girls 1500m FINAL 11

T18 12:10 U15 Girls 300m FINAL 8

T19 12:15 U17 Men 1500m FINAL 10

T20 12:25 U17 Women 1500m FINAL 6

T21 12:30 Mast Men 300m FINAL 4

T22 12:30 Mast Women 300m FINAL 0

T23 12:40 U15 Girls 100m Heats to Finals 20 to T35

T24 12:50 U17 Men 100m Heats to Finals 13 to T36

T25 13:00 U13 Girls 100m Heats to Final 12 to T37

T26 13:10 U13 Boys 100m Heats to Final 14 to T38

T27 13:20 U17 Women 100m Heats to Final 12 to T39

T28 13:30 U20 Women 100m Heats to Final 11 to T40

T29 13:40 U20` Men 100m Heats to Final 15 to T41

T30 13:50 U15 Boys 100m FINAL 8

T31 13:55 Sen Men 100m FINAL 7

T32 14:00 Sen Women 100m FINAL 8

T33 14:05 Mast Women 100m FINAL 1

T34 14:10 Mast Men 100m FINAL 7

T35 14:15 U15 Girls 100m FINAL

T36 14:20 U17 Men 100m FINAL

T37 14:25 U13 Girls 100m FINAL

T38 14:30 U13 Boys 100m FINAL

T39 14:35 U17 Women 100m FINAL

T40 14:40 U20 Women 100m FINAL

T41 14:45 U20 Men 100m FINAL

T42 14:50 Sen Women 400m FINAL 5

T43 14:55 U20 Women 400m FINAL 7

T44 15:00 Sen Men 400m FINAL 6

T45 15:05 U20 Men 400m FINAL 8

T46 15:10 U17 Men 400m FINAL 6

T47 15:15 U20 Men 3000m FINAL 9

T48 15:15 Mast Men 3000m FINAL 4

T49 15:30 Sen Men 3000m FINAL 18

T50 15:45 U15 Boys 300m FINAL 8

T51 15:50 U15 Boys 1500m FINAL

T52 15:55 U13 Boys 800m FINAL\* 8\*

T53 16:00 U13 Girls 800m FINAL\* 17\*

T54 16:10 Sen Women 800m FINAL 4

T55 16:10 U20 Women 800m FINAL 5

T56 16:15 U20 Men 800m FINAL 11

T57 16:20 Sen Men 800m FINAL 11

\* *NOTE: Athletes under 13 are only allowed to have one race between 600m and 1500m per day*

*(Rule 107 (2) (iv)). Although events T52 and T53 may be run in heats, the times from those heats*

*will be used to decide the overall places for that event.*

**FIELD TIMETABLE DAY 1**

**REPORT TO YOUR EVENT AT LEAST 30 MINUTES BEFORE START TIME**

F1 10:00 Sen Men - High Jump FINAL 2

F2 10:00 U20 Men - High Jump FINAL 5

F3 10:00 U17 Men - High Jump FINAL 3

F4 10:00 U13 Boys - Hammer – Inside cage FINAL 1

F5 10:00 U15 Boys - Hammer – Inside cage FINAL 2

F6 10:00 U15 Girls - Hammer – Inside cage FINAL 0

F7 10:00 U13 Girls - Hammer – Inside cage FINAL 1

F8 10:00 U15 Boys - Long Jump FINAL 10

F9 10:00 Sen Women - Triple Jump FINAL 2

F10 10:00 U20 Women - Triple Jump FINAL . 2

F11 10:00 U17 Women - Triple Jump FINAL . 4

F12 10:00 U15 Boys - Triple Jump FINAL 1

F13 11:30 Sen Women - Long Jump FINAL 5

F14 11:30 U20 Women - Long Jump FINAL . 1

F15 11:30 U17 Women - Long Jump FINAL 10

F16 11:30 Sen Men - Hammer – Inside cage FINAL 4

F17 11:30 U20 Men - Hammer – Inside cage FINAL 1

F18 11:30 U17 Men - Hammer – Inside cage FINAL 1

F19 12:30 Sen Men - Pole Vault FINAL 1

F20 12:30 U20 Men - Pole Vault FINAL 3

F21 12:30 U17 Men - Pole Vault FINAL 2

F22 12:30 U15 Boys - Pole Vault FINAL 2

F23 12:45 U15 Girls -.Shot FINAL 12

F24 12:45 U13 Girls - Shot FINAL 5

F25 13:15 Sen Men - Discus – Inside cage FINAL 3

F26 13:15 U20 Men - Discus – Inside cage FINAL 2

F27 13:15 U17 Men - Discus – Inside cage FINAL 2

F28 13:45 U13 Boys - Long Jump FINAL 5

F29 14:30 U15 Girls - Discus – Inside cage FINAL 6

F30 14:30 U13 Girls - Discus – Inside cage FINAL 4

F31 15:00 U15 Girls - High Jump FINAL 8

F32 15:00 U13 Girls - High Jump FINAL 5

F33 16:00 Sen Women - Hammer – Inside cage FINAL 4

F34 16:00 U20 Women - Hammer – Inside cage FINAL 3

F35 16:00 U17 Women - Hammer – Inside cage FINAL 1

F36 16:00 Sen Men - Shot FINAL 4

F37 16:00 U20 Men - Shot FINAL 1

F38 16:00 U17 Men - Shot FINAL 3

**TRACK TIMETABLE DAY 2**

**REPORTING TIME FOR ALL TRACK EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES RECEPTION AND 20 MINUTES BEFORE THE START OF YOUR RACE TO THE MARKSMEN**

**STARTING BLOCKS MAY BE USED IN HEATS AND FINALS BY UNDER 20 AND SENIOR ATHLETES AND BY UNDER 17, UNDER 15 AND UNDER 13 ATHLETES IN FINALS ONLY**

T1 10:30 Sen Men 2000m S/Chase FINAL 4

T2 10:30 U20 Men 2000m S/Chase FINAL 3

T3 10:30 U17 Men 2000m S/Chase FINAL 2

T4 10:40 Sen Women 1500m S/Chase FINAL 0

T5 10:40 U20 Women 1500m S/Chase FINAL 2

T6 10:40 U17 Women 1500m S/Chase FINAL 0

T7 10:50 U17 Women 300m Hurdles FINAL 3

T8 10:55 U20 Women 400m Hurdles FINAL 1

T9 10:55 Sen Women 400m Hurdles FINAL 3

T10 11:00 U17 Men 400m Hurdles FINAL 1

T11 11:00 U20 Men 400m Hurdles FINAL 0

T12 11:00 Sen Men 400m Hurdles FINAL 3

T13 11:10 U15 Girls 800m FINAL 11

T14 11:20 U17 Women 800m FINAL 11

T15 11:30 U15 Boys 800m Heats to Final 26 to T43

T16 11:45 U17 Men 800m FINAL 10

T17 11:50 U15 Boys 3000m FINAL 4

T18 11:50 U17 Men 3000m FINAL 11

T19 12:05 U15 Girls 3000m FINAL 5

T20 12:05 U17 Women 3000m FINAL 3

T21 12:20 U15 Girls 200m Heats to Finals 19 to T45

T22 12:30 U13 Boys 200m FINAL 5

T23 12:35 U13 Girls 200m Heats to Final 14 to T44

T24 12:45 U15 Boys 200m FINAL 7

T25 12:50 U17 Women 200m Heats to Final 12 to T46

T26 13:00 U17 Men 200m Heats to Final 18 to T47

T27 13:10 Sen Men 200m Heats to Final 10 to T49

T28 13:20 U20 Men 200m Heats to Final 9 to T50

T29 13:30 U20 Women 200m Heats to Final 9 to T51

T30 13:40 Sen Women 200m Heats to Final 11 to T48

T31 13:50 Sen Men 3000m Walk FINAL 3

T32 13:50 Sen Women 3000m Walk FINAL 3

T33 13:50 U15 Girls 1000m Walk FINAL 1

T34 13:50 U13 Girls 1000m Walk FINAL 1

T35 14:20 U13 Girls 1500m FINAL 18\*

T36 14:30 U13 Boys 1500m FINAL 8\*

T37 14:40 U20 Men 1500m FINAL 9

T38 14:40 Mast Men 1500m FINAL 5

T39 14:50 Sen Men 1500m FINAL 10

T40 15:00 Mast Women 1500m FINAL 0

T41 15:00 Sen Women 1500m FINAL 4

T42 15:00 U20 Women 1500m FINAL 4

T43 15:10 U15 Boys 800m FINAL

T44 15:15 U13 Girls 200m FINAL

T45 15:20 U15 Girls 200m FINAL

T46 15:25 U17 Women 200m FINAL

T47 15:30 U17 Men 200m FINAL

T48 15:35 Sen Women 200m FINAL

T49 15:40 Sen Men 200m FINAL

T50 15:45 U20 Men 200m FINAL

T51 15:50 U20 Women 200m FINAL

\* *NOTE: Athletes under 13 are only allowed to have one race between 600m and 1500m per day*

*(Rule 107 (2) (iv)). Although events T35 and T36 may be run in heats, the times from those heats*

**FIELD TIMETABLE DAY 2**

**REPORT TO YOUR EVENT AT LEAST 30 MINUTES BEFORE START TIME**

F1 10:00 Sen Women - High Jump FINAL 1

F2 10:00 U20 Women - High Jump FINAL 2

F3 10:00 U17 Women - High Jump FINAL 5

F4 10:00 U15 Boys - Javelin FINAL 3

F5 10:00 U13 Boys - Javelin FINAL 3

F6 10:00 U15 Girls - Javelin FINAL 5

F7 10:00 U13 Girls - Javelin FINAL 4

F8 10:00 U15 Boys - Discus FINAL 1

F9 10:00 U13 Boys - Discus FINAL 3

F10 10:00 Sen Women - Discus FINAL 3

F11 10:00 U20 Women - Discus FINAL 1

F12 10:00 U17 Women - Discus FINAL 3

F13 10:00 Sen Women - Pole Vault FINAL 1

F14 10:00 U20 Women - Pole Vault FINAL 0

F15 10:00 U17 Women - Pole Vault FINAL 2

F16 10:00 U15 Girls - Pole Vault FINAL 2

F17 11:30 Sen Women - Javelin FINAL 2

F18 11:30 U20 Women - Javelin FINAL 6

F19 11:30 U17 Women - Javelin FINAL 4

F20 11:30 U15 Boys - High Jump FINAL 5

F21 11:30 U13 Boys - High Jump FINAL 4

F22 11:30 Sen Men - Long Jump FINAL 1

F23 11:30 U20 Men - Long Jump FINAL 5

F24 11:30 U17 Men - Long Jump FINAL 5

F25 13:00 Sen Men - Javelin FINAL 3

F26 13:00 U20 Men - Javelin FINAL 4

F27 13:00 U17 Men - Javelin FINAL 2

F28 13:00 U15 Girls - Long Jump FINAL 13

F29 14:15 U13 Boys - Shot FINAL 2

F30 14:15 U15 Boys - Shot FINAL 2

F31 14:15 Sen Women - Shot FINAL 3

F32 14:15 U20 Women - Shot FINAL 4

F33 14:15 U17 Women - Shot FINAL 7

F34 15:15 Sen Men - Triple Jump FINAL 2

F35 15:15 U20 Men - Triple Jump FINAL 1

F36 15:15 U17 Men - Triple Jump FINAL 2

F37 15:15 U15 Girls - Triple Jump FINAL 3

F38 15.45 U13 Girls - Long Jump FINAL 10