**TRACK TIMETABLE DAY 1**

**REPORTING TIME FOR ALL TRACK EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES REGISTRATION 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**

T0 10:30 U17 Men 100m Hurdles Heats to Final 9 to T8

T1 10:30 U15 Boys 80m Hurdles Heats to Final 11 to T11 T2 10:35 U15 Girls 75m Hurdles Heats to Final 16 to T14

T3 10:40 Sen Women 3000m FINAL 0

T4 10:40 U20 Women 3000m FINAL 2

T5 10:40 Mast. Women 3000m FINAL 1

T6 10:55 Sen Men 110m Hurdles FINAL 4

T7 11:00 U20 Men 110m Hurdles FINAL 4

T8 11:05` U17 Men 100m Hurdles FINAL

T9 11:10 Sen Women 100m Hurdles FINAL 1

T10 11:10 U20 Women 100m Hurdles FINAL 3

T11 11:15 U15 Boys 80m Hurdles FINAL

T12 11:20 U17 Women 80m Hurdles FINAL 8

T13 11:25 U13 Boys 75m Hurdles FINAL 5

T14 11:30 U15 Girls 75m Hurdles FINAL

T15 11:35 U13 Girls 70m Hurdles FINAL 7

T16 11:45 U17 Women 300m FINAL 5

T17 11:50 U15 Boys 1500m Heats to Final 25 to T56

T18 12:00 U15 Girls 1500m FINAL 17

T19 12:10 U15 Girls 300m Heats to final 17 to T55

T20 12:15 U17 Men 1500m FINAL 15

T21 12:25 U17 Women 1500m FINAL 15

T22 12:30 Mast Men 300m FINAL 4

T23 12:30 Mast Women 300m FINAL 2

T24 12:40 U15 Girls 100m Heats to Semi Final 27 to T33

T25 12:50 U17 Men 100m Heats to Final 16 to T37

T26 13:00 U13 Girls 100m Heats to Final 14 to T38

T27 13:10 U13 Boys 100m Heats to Final 16 to T39

T28 13:20 U17 Women 100m Heats to Final 19 to T40

T29 13:30 U20 Women 100m Heats to Final 12 to T41

T30 13:40 U20` Men 100m Heats to Final 9 to T42

T31 13:50 U15 Boys 100m Heats to Final 16 to T43

T32 13:55 Sen Men 100m Heats to Final 11 to T44

T33 14:00 U15 Girls 100m Semi-Finals to Final to T45

T34 14:10 Sen Women 100m FINAL 6

T35 14:15 Mast Women 100m FINAL 3

T36 14:20 Mast Men 100m FINAL 4

T37 14:25 U17 Men 100m FINAL

T38 14:30 U13 Girls 100m FINAL

T39 14:35 U13 Boys 100m FINAL

T40 14:40 U17 Women 100m FINAL

T41 14:45 U20 Women 100m FINAL

T42 14:50 U20 Men 100m FINAL

T43 14:55 U15 Boys 100m FINAL

T44 15.00 Sen Men 100m FINAL

T45 15:05 U15 Girls 100m FINAL

T46 15:10 U17 Men 400m Heats to Final 14 to T63

T47 15:20 Sen Women 400m FINAL 4

T48 15:25 U20 Women 400m FINAL 3

T49 15:30 Sen Men 400m FINAL 8

T50 15:35 U20 Men 400m FINAL 5

T51 15:40 U20 Men 3000m FINAL 5

T52 15:40 Mast Men 3000m FINAL 5

T53 15:40 Sen Men 3000m FINAL 7

T54 15:55 U15 Boys 300m FINAL 5

T55 16.00 U15 Girls 300m FINAL

T56 16.05 U15 Boys 1500m FINAL

T57 16.15 U13 Boys 800m FINAL\* 22\*

T58 16:25 U13 Girls 800m FINAL\* 16\*

T59 16:35 Sen Women 800m FINAL 4

T60 16:40 U20 Women 800m FINAL 4

T61 16:45 U20 Men 800m FINAL 8

T62 16:50 Sen Men 800m FINAL 8

T63 16:55 U17 Men 400m FINAL

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

*Although events T57 and T58 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**

**REPORTING TIME FOR ALL FIELD EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES REGISTRATION AND 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 2

F3 10:00 U17 Men - High Jump FINAL 8

F4 10:00 U13 Boys - Hammer – Inside cage FINAL 0

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

F6 10:00 U15 Girls - Hammer – Inside cage FINAL 3

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

F8 10:00 U15 Boys - Long Jump FINAL 15

F9 10:00 Sen Women - Triple Jump FINAL 1

F10 10:00 U20 Women - Triple Jump FINAL . 1

F11 10:00 U17 Women - Triple Jump FINAL . 2

F12 10:00 U15 Boys - Triple Jump FINAL 4

F13 11:30 Sen Women - Long Jump FINAL 2

F14 11:30 U20 Women - Long Jump FINAL . 2

F15 11:30 U17 Women - Long Jump FINAL 8

F16 11:30 Sen Men - Hammer – Inside cage FINAL 7

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

F18 11:30 U17 Men - Hammer – Inside cage FINAL 4

F19 12:30 Sen Men - Pole Vault FINAL 0

F20 12:30 U20 Men - Pole Vault FINAL 4

F21 12:30 U17 Men - Pole Vault FINAL 3

F22 12:30 U15 Boys - Pole Vault FINAL 5

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 5

F26 13:15 U20 Men - Discus – Inside cage FINAL 3

F27 13:15 U17 Men - Discus – Inside cage FINAL 1

F28 13:45 U13 Boys - Long Jump FINAL 14

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

F30 14:30 U13 Girls - Discus – Inside cage FINAL 3

F31 15:00 U15 Girls - High Jump FINAL 7

F32 15:00 U13 Girls - High Jump FINAL 4

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

F34 16:00 U20 Women - Hammer – Inside cage FINAL 1

F35 16:00 U17 Women - Hammer – Inside cage FINAL 2

F36 16:00 Sen Men - Shot FINAL 9

F37 16:00 U20 Men - Shot FINAL 2

F38 16:00 U17 Men - Shot FINAL 4

**TRACK TIMETABLE DAY 2**

**REPORTING TIME FOR ALL TRACK EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES REGISTRATION 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 2

T2 10:30 U20 Men 2000m S/Chase FINAL 1

T3 10:40 U17 Men 2000m S/Chase FINAL 1

T4 Sen Women 1500m S/Chase FINAL 0

T5 U20 Women 1500m S/Chase FINAL 0

T6 U17 Women 1500m S/Chase FINAL 0

T7 10:50 U17 Women 300m Hurdles FINAL 5

T8 10:55 U20 Women 400m Hurdles FINAL 0

T9 10:55 Sen Women 400m Hurdles FINAL 1

T10 11:00 U17 Men 400m Hurdles FINAL 1

T11 11:00 U20 Men 400m Hurdles FINAL 2

T12 11:00 Sen Men 400m Hurdles FINAL 1

T13 11:10 U15 Girls 800m Heats to Final 23 to T43

T14 11:20 U17 Women 800m FINAL 6

T15 11:25 U15 Boys 800m Heats to Final 23 to T44

T16 11:35 U17 Men 800m Heats to Final 22 to T45

T17 11:45 U15 Boys 3000m FINAL 4

T18 11:45 U17 Men 3000m FINAL 8

T19 12:00 U15 Girls 3000m FINAL 6

T20 12:00 U17 Women 3000m FINAL 8

T21 12:15 U13 Girls 200m Heats to Final 15 to T46

T22 12:25 U13 Boys 200m Heats to Final 10 to T47

T23 12:35 U15 Girls 200m Heats to Final 24 to T48

T24 12:50 U15 Boys 200m Heats to Final 11 to T49

T25 13:00 U17 Women 200m Heats to Final 18 to T50

T26 13:10 U17 Men 200m Heats to Final 12 to T51

T27 13:20 Sen Men 200m Heats to Final 15 to T53

T28 13:30 U20 Men 200m Heats to Final 11 to T54

T29 13:35 U20 Women 200m Heats to Final 9 to T55

T30 13:40 Sen Women 200m Heats to Final 10 to T52

T31 13:50 Sen Men 3000m Walk FINAL 5

T32 13:50 Sen Women 3000m Walk FINAL 2

T33 13:50 U15 Girls 1000m Walk FINAL 0

T34 13:50 U13 Girls 1000m Walk FINAL 0

T35 14:20 U13 Girls 1500m FINAL 10\*

T36 14:30 U13 Boys 1500m FINAL 12\*

T37 14:40 U20 Men 1500m FINAL 9

T38 14:40 Mast Men 1500m FINAL 5

T39 14:50 Sen Men 1500m FINAL 9

T40 15:00 Mast Women 1500m FINAL 1

T41 15:00 Sen Women 1500m FINAL 5

T42 15:00 U20 Women 1500m FINAL 6

T43 15:10 U15 Girls 800m FINAL

T44 15:15 U15 Boys 800m FINAL

T45 15:20 U17 Men 800m FINAL

T46 15:30 U13 Girls 200m FINAL

T47 15:35 U13 Boys 200m FINAL

T48 15:40 U15 Girls 200m FINAL

T49 15:45 U15 Boys 200m FINAL

T50 15:50 U17 Women 200m FINAL

T51 15:55 U17 Men 200m FINAL

T52 16:00 Sen Women 200m FINAL

T53 16:05 Sen Men 200m FINAL

T54 16:10 U20 Men 200m FINAL

T55 16:15 U20 Women 200m FINAL

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

*Although events T35 and T36 may be run in heats, the times from those heats*

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

**FIELD TIMETABLE DAY 2**

**REPORTING TIME FOR ALL FIELD EVENTS IS AT LEAST 1 HOUR BEFORE START OF EVENT** **TO ATHLETES REGISTRATION AND 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 4

F3 10:00 U17 Women - High Jump FINAL 4

F4 10:00 U15 Boys - Javelin FINAL 4

F5 10:00 U13 Boys - Javelin FINAL 4

F6 10:00 U15 Girls - Javelin FINAL 7

F7 10:00 U13 Girls - Javelin FINAL 2

F8 10:00 U15 Boys - Discus FINAL 8

F9 10:00 U13 Boys - Discus FINAL 2

F10 10:00 Sen Women - Discus FINAL 3

F11 10:00 U20 Women - Discus FINAL 1

F12 10:00 U17 Women - Discus FINAL 5

F13 10:00 Sen Women - Pole Vault FINAL 0

F14 10:00 U20 Women - Pole Vault FINAL 2

F15 10:00 U17 Women - Pole Vault FINAL 3

F16 10:00 U15 Girls - Pole Vault FINAL 0

F17 11:30 Sen Women - Javelin FINAL 3

F18 11:30 U20 Women - Javelin FINAL 5

F19 11:30 U17 Women - Javelin FINAL 10

F20 11:30 U15 Boys - High Jump FINAL 8

F21 11:30 U13 Boys - High Jump FINAL 3

F22 11:30 Sen Men - Long Jump FINAL 1

F23 11:30 U20 Men - Long Jump FINAL 3

F24 11:30 U17 Men - Long Jump FINAL 7

F25 13:00 Sen Men - Javelin FINAL 5

F26 13:00 U20 Men - Javelin FINAL 4

F27 13:00 U17 Men - Javelin FINAL 4

F28 13:00 U15 Girls - Long Jump FINAL 15

F29 14:15 U13 Boys - Shot FINAL 6

F30 14:15 U15 Boys - Shot FINAL 8

F31 15:15 Sen Women - Shot FINAL 6

F32 15:15 U20 Women - Shot FINAL 1

F33 15:15 U17 Women - Shot FINAL 5

F34 15:15 Sen Men - Triple Jump FINAL 0

F35 15:15 U20 Men - Triple Jump FINAL 1

F36 15:15 U17 Men - Triple Jump FINAL 6

F37 15:15 U15 Girls - Triple Jump FINAL 7

F38 15.45 U13 Girls - Long Jump FINAL 15