

## Final Timetable of Events

<u>Time</u>	<u>Track Events</u>	<u>Field Events</u>
10.00	400m Hurdles	10.00 Hammer Pole Vault Javelin High Jump Long Jump
		U20M, SM, SW PB less than 2.60m U13G, U15G U13B (1.10m) U13 B, U 15B
10.10 11.30	80m/100m sprints – Heats	11.30 Discus Triple Jump Javelin High Jump Long Jump
		U13B, U15B, U17m Male Athletes U17M, U20M, SM U13G (1.00m) U11B
11.40 12.30 13.00	800m 300m	13.00 Hammer Shot High Jump Long Jump Javelin
		U15G, U17W, U20 W U20M, SM, SW U17M, U20M, SM U13G, U20W U17W, U20W, SW
12.55 13.30 14.00 14.30	400m – Heats 80m/100m Finals 3000m Sprint Hurdles - Heats	14.30 Discus Shot Pole Vault High Jump
		U13G, U15G, U17W, U20W U13B, U15B, U17M PB over 2.00m U17W, U20W, SW
15.25 16.00	200m – Heats	16.00 Discus Triple Jump Javelin Long Jump Long Jump High Jump
		U20M, SM, SW Female Athletes U13B, U15B U15G U11 G U15B (1.40m)
16.30	1500m	
17.15	Sprint Hurdles -Finals 400m – Finals	17.15 Hammer Shot Long Jump High Jump Long Jump
		U15B, U17M U13G, U15G, U17W, U20W U17M, U20M, SM U15G (1.35) U17W, SW
17.40 17.50	600m 200m – Finals	

### Please Note:

Heats will be run as Finals if there are 8 or less competitors.

Minimum start height for all Pole Vault competitions of 2m.

All Under 11 and Under 13 Throws and Jumps will be restricted to 3 trials per athlete.