

TRACK		
Race Time	Age Group	Event
16:00	U9 B	1000m
16:00	U11 B	1000m
16:00	U9 G	1000m
16:00	U11 G	1000m
16:10	U13 B	1000m
16:10	U13 G	1000m
16:25	U9 B	60m
16:30	U9 G	60m
16:35	U11 B	60m
16:40	U11 G	60m
16:45	U13 B	80m
17:10	U13 G	80m
17:15	U9 B	300m
17:20	U9 G	300m
17:30	U11 B	300m
17:35	U11 G	300m
17:40	U13 B	300m
17:45	U13 G	300m

17:55	U15 B	100m
18:00	U15 G	100m
18:10	U17 B	100m
18:20	U17 G	100m
18:25	U20 G & Seniors W	100m
18:30	U20 B & Seniors M	100m

18:40	U9 B	150m
18:45	U9 G	150m
18:50	U11 B	150m
18:55	U11 G	150m
19:00	U13 B	150m
19:05	U13 G	150m

19:15	U15 B	400m
19:20	U15 G	400m
19:25	U17 G	400m
19:30	U17 B	400m
19:35	U20 G & Seniors W	400m
19:40	U20 B & Seniors M	400m
19:45	U15 B	1500m
19:45	U17 B	1500m
19:45	U20 B & Seniors M	1500m
19:55	U15 G	1500m
19:55	U17 G	1500m
19:55	U20 G & Seniors W	1500m
20:10	U15 B	200m
20:15	U15 G	200m
20:20	U15 B	200m
20:25	U17 G	200m
20:30	U20 G & Seniors W	200m
20:35	U20 B & Seniors M	200m

FIELD		
Start Time	Age Group	Event
16:00 - 16:45	U17, U20 & Seniors M	Discus
16:00 - 16:45	U17, U20 & Seniors W	Discus
16:00 - 16:45	U9 B	Javelin
16:00 - 16:45	U9 G	Javelin
16:00 - 17:00	U13 G	Long Jump
16:00 - 17:00	U13 B	Long Jump
16:00 - 17:00	U15, U17, U20 W	High Jump
16:45 - 17:30	U11 B	Javelin
16:45 - 17:30	U11 G	Javelin
16:45 - 17:30	U15 B	Shot Put
16:45 - 17:30	U15 G	Shot Put
17:00 - 18:00	U11 B	Long Jump
17:00 - 18:00	U11 G	Long Jump
17:00 - 18:00	U15, U17, U20 M	High Jump
17:30 - 18:15	U20 B & Seniors M	Javelin
17:30 - 18:15	U20 G & Seniors W	Javelin
17:30 - 18:30	U13 B	Shot Put
17:30 - 18:30	U13 G	Shot Put
18:00 - 18:45	U9 B	Long Jump
18:00 - 18:45	U9 G	Long Jump
18:00 - 19:00	U13 B	High Jump
18:00 - 19:00	U13 G	High Jump
18:15 - 19:00	U13 B	Javelin
18:15 - 19:00	U13 G	Javelin
18:30 - 19:15	U11 B	Shot Put
18:30 - 19:15	U11 G	Shot Put
18:45 - 19:45	U15 & U17 B	Long Jump
18:45 - 19:45	U15 & U17 G	Long Jump
19:00 - 19:45	U11 B	High Jump*
19:00 - 19:45	U11 G	High Jump*
19:15 - 20:00	U15 & U17 B	Javelin
19:15 - 20:00	U15 & U17 G	Javelin
19:45 - 20:30	U20 B & Seniors M	Long Jump
19:45 - 20:30	U20 G & Seniors W	Long Jump

## Important Information

- Timetable is a guideline only and is subject to change
- Athletes must report for each event **15 minutes before** the start time stated above
- Heats for long distance events may be merged depending on participant numbers
- In the case of a clash between track & field events, **athletes must register for their field event with the official, before proceeding to the track event.** They can return to the field event at the next earliest opportunity
- League Points will be awarded for each age group & gender separately & are not affected even if age groups or genders are mixed
- \* U11 high jump is "Scissor-Kick" only