

TRACK			
Race Time	Age Group	Event	
16:00	U13 B	70mH	Hurdles
16:05	U13 G	70mH	
16:10	U15 G	75mH	
16:15	U15 B	80mH	
16:20	U17 G	80mH	
16:25	U17 B	100mH	
16:30	U20 G & Seniors W	100mH	
16:35	U20 B & Seniors M	110mH	

16:45	U9 B	600m	Under 9s, U11 + U13
16:45	U11 B	600m	
16:45	U9 G	600m	
16:45	U11 G	600m	
16:55	U13 B	600m	
16:55	U13 G	600m	
17:05	U9 B	60m	
17:10	U9 G	60m	
17:15	U11 B	60m	
17:25	U11 G	60m	
17:35	U13 B	80m	
17:40	U13 G	80m	
17:45	U9 B	300m	
17:50	U9 G	300m	
17:55	U11 B	300m	
18:00	U11 G	300m	
18:05	U13 B	300m	
18:10	U13 G	300m	

18:15	Senior Men	60m	U15 - Seniors
18:20	U15 B	100m	
18:25	U15 G	100m	
18:30	U17 B	100m	
18:35	U17 G	100m	
18:40	U20 G & Seniors W	100m	
18:45	U20 B & Seniors M	100m	

18:50	U9 B	150m	U9, U11 + U13
18:55	U9 G	150m	
19:00	U11 B	150m	
19:05	U11 G	150m	
19:10	U13 B	150m	
19:15	U13 G	150m	

19:25	U15 B	400m	U15 - Seniors
19:30	U15 G	400m	
19:35	U17 G	400m	
19:40	U17 B	400m	
19:45	U20 G & Seniors W	400m	
19:50	U20 B & Seniors M	400m	
19:55	U15 B	800m	
19:55	U17 B	800m	
19:55	U20 B & Seniors M	800m	
19:55	U15 G	800m	
19:55	U17 G	800m	
19:55	U20 G & Seniors W	800m	
20:05	U15 B	200m	
20:10	U15 G	200m	
20:15	U15 B	200m	
20:20	U17 G	200m	
20:25	U20 G & Seniors W	200m	
20:30	U20 B & Seniors M	200m	

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