

TRACK		
Race Time	Age Group	Event
16:30	U9 B	1000m
16:30	U11 B	1000m
16:40	U9 G	1000m
16:40	U11 G	1000m
16:50	U13 B	1000m
16:50	U13 G	1000m
17:00	U9 B	60m
17:05	U9 G	60m
17:15	U11 B	60m
17:25	U11 G	60m
17:30	U13 B	80m
17:35	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

Under 9s, U11 + U13

18:15	U15 B	100m
18:20	U15 G	100m
18:25	U17 B	100m
18:30	U17 G	100m
18:35	U20 G & Seniors W	100m
18:40	U20 B & Seniors M	100m

U15 - Seniors

18:45	U9 B	150m
18:55	U9 G	150m
19:05	U11 B	150m
19:15	U11 G	150m
19:20	U13 B	150m
19:25	U13 G	150m

U9, U11 + U13

19:35	U15 B	400m
19:40	U15 G	400m
19:45	U17 B	400m
19:50	U17 G	400m
19:55	U20 G & Seniors W	400m
20:00	U20 B & Seniors M	400m
20:05	U15 B	1500m
20:05	U17 B	1500m
20:05	U20 B & Seniors M	1500m
20:10	U15 G	1500m
20:10	U17 G	1500m
20:10	U20 G & Seniors W	1500m
20:20	U15 B	200m
20:25	U15 G	200m
20:30	U17 B	200m
20:35	U17 G	200m
20:40	U20 G & Seniors W	200m
20:45	U20 B & Seniors M	200m

U15, U17, U20 + Seniors

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

Important Information:

- * Timetable is a guideline only and is subject to change
- * Athletes should be ready for call to the start line **20 minutes before** the time above
- * League Points will be awarded for each age group & gender separately
- * Points will not be affected even if age groups or genders are mixed