

TRACK		
Race Time	Age Group	Event
15:45	U9 B	1000m
15:45	U11 B	1000m
15:45	U9 G	1000m
15:45	U11 G	1000m
15:50	U13 B	1000m
15:50	U13 G	1000m
16:00	U9 B	60m
16:10	U9 G	60m
16:15	U11 B	60m
16:20	U11 G	60m
16:25	U13 B	80m
16:35	U13 G	80m
16:45	U9 B	300m
16:50	U9 G	300m
16:55	U11 B	300m
17:00	U11 G	300m
17:05	U13 B	300m
17:10	U13 G	300m

Under 9s, U11 + U13

17:15	U15 B	1500m
17:15	U17 B	1500m
17:15	U20 B & Seniors M	1500m
17:15	U15 G	1500m
17:15	U17 G	1500m
17:15	U20 G & Seniors W	1500m
17:25	U15 B	400m
17:30	U15 G	400m
17:35	U17 B	400m
17:40	U17 G	400m
17:45	U20 G & Seniors W	400m
17:50	U20 B & Seniors M	400m

U15 - Seniors

18:00	U9 B	600m
18:00	U9 G	600m
18:00	U11 B	600m
18:00	U11 G	600m
18:00	U13 B	600m
18:00	U13 G	600m

U9 - U13s

18:10	U15 B	100m
18:15	U15 G	100m
18:20	U17 B	100m
18:25	U17 G	100m
18:30	U20 B & Seniors M	100m
18:30	U20 G & Seniors W	100m

U15 - Seniors

18:35	U9 B	150m
18:40	U9 G	150m
18:45	U11 B	150m
18:50	U11 G	150m
18:55	U13 B	150m
19:00	U13 G	150m

U9 - U13s

19:10 - League Awards Presentation
All Athletes to report to Podium Area

19:30	U15 B	800m
19:30	U17 B	800m
19:30	U20 B & Seniors M	800m
19:35	U15 G	800m
19:35	U17 G	800m
19:35	U20 G & Seniors W	800m
19:45	U15 B	200m
19:50	U15 G	200m
19:55	U15 B	200m
20:00	U17 G	200m
20:05	U17 B	200m
20:10	U20 G & Seniors W	200m
20:15	U20 B & Seniors M	200m

U15 - Seniors

FIELD		
Start Time	Age Group	Event
15:45 - 16:15	U15 & U17 G	Long Jump
15:45 - 16:15	U9 B	Javelin
15:45 - 16:15	U9 G	Javelin
15:45 - 16:30	U11 B	Shot Put
15:45 - 16:30	U11 G	Shot Put
15:45 - 16:45	U15, U17, U20 M	High Jump
16:15 - 16:45	U15 & U17 G	Javelin
16:15 - 16:45	U15 & U17 B	Javelin
16:15 - 17:00	U9 B	Long Jump
16:15 - 17:00	U9 G	Long Jump
16:30 - 17:00	U20 B & Seniors M	Shot Put
16:45 - 17:30	U13 B	Javelin
16:45 - 17:30	U13 G	Javelin
16:45 - 17:45	U15, U17, U20 W	High Jump
17:00 - 18:00	U11 B	Long Jump
17:00 - 18:00	U15 & U17 B	Shot Put
17:00 - 18:00	U15 & U17 G	Shot Put
17:00 - 18:00	U11 G	Long Jump
17:30 - 18:15	U20 B & Seniors M	Javelin
17:30 - 18:15	U15, U17, U20 W	Javelin
17:45 - 18:30	U13 B	High Jump
17:45 - 18:30	U13 G	High Jump
18:00 - 18:30	U15 & U17 B	Long Jump
18:00 - 18:45	U13 G	Shot Put
18:00 - 18:45	U13 B	Shot Put
18:15 - 19:10	U11 G	Javelin
18:15 - 19:10	U11 B	Javelin
18:30 - 19:15	U13 B	Long Jump
18:30 - 19:15	U13 G	Long Jump
18:45 - 19:15	U20 G & Seniors W	Shot Put
19:30 - 20:00	U20 B & Seniors M	Long Jump
19:30 - 20:00	U20 G & Seniors W	Long Jump

Important Information & Rules

- Timetable is a guideline 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 but always be ranked by age group & gender.
- 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 must return to the field event at the next earliest opportunity.
- **Any athlete failing to register for a field event and arriving late will not be allowed to compete.**
- Live results will be placed online a few minutes after each race - please do not ask the judges at the finish line for individual results.
- **Please only consult the finish line judges during a break between races** if you believe there is an error in the online results