

Programme times may be brought forward up to 30mins; and it is strongly suggested that athletes be at the arena 45 minutes prior to the event block times.

Athletes should be mindful of clashing events when nominating

7:30am	1500m Walk	U15 & U17 B & G U14 B & G U12 B & G U13 B & G	7:30am	Discus	U11 B & G
			7:45am	Triple Jump (pit 1)	U15 & U17 B & G
			8:00am	Triple Jump (pit 2)	U14 B & G
				Shot Put	U12 B & G
8:10am	1100m Walk	U11 B & G	8:45am	High Jump	U11 B & G
8:30am	Pent: 100 Metres	U9 B & G U10 B & G	9:00am	Long Jump	U13 B & G
				Shot Put	U15 & U17 B & G
9:10am	400 Metres	U13 B & G U15 & U17 B & G U14 B & G U12 B & G U11 B & G	10:00am	Triple Jump	U11 B & G
				Javelin	U13 B & G
				Pent: High Jump	U9 Boys
				Pent: Shot Put	U9 Girls
10:00am	200 Metres Hurdles	U13 B & G U14 B & G U15 & U17 B & G		Pent: Shot Put	U10 Boys
				Pent: High Jump	U10 Girls
10:30am	Sprint Hurdles	U13 Boys U13 Girls U14 Girls U15 & U17 Girls U14 Boys U15 & U17 Boys U12 B & G U11 B & G	11:00am	Long Jump (pit 1)	U15 & U17 B & G
			11:30am	High Jump	U12 B & G
				Discus	U13 B & G
				Long Jump (pit 2)	U14 B & G
11:30am	Pent: Hurdles	U10 B & G U9 B & G	12:30pm	Pent: Long Jump	U9 Girls
				Pent: Long Jump	U10 Boys
				Pent: Discus	U9 Boys
				Pent: Discus	U10 Girls
				Shot Put	U14 B & G
1:00pm	100 Metres	U15 & U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	12:45pm	High Jump	U15 & U17 B & G
			1:30pm	Javelin	U11 B & G
				High Jump	U13 B & G
2:00pm	800 Metres	U15 & U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	1:45pm	Triple Jump	U12 B & G
			2:10pm	Javelin	U15 & U17 B & G
3:00pm	Pent: 800 Metres	U9 B & G U10 B & G	2:45pm	Long Jump	U11 B & G
				High Jump	U14 B & G
3:30pm	200 Metres	U15 & U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G		Shot Put	U13 B & G
				Javelin	U12 B & G
			3:20pm	Discus	U14 B & G
			3:45pm	Triple Jump	U13 B & G
			3:50pm	Discus	U12 B & G
4:30pm	1500 Metres	U15 & U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	4:00pm	Shot Put	U11 B & G
			4:30pm	Long Jump	U12 B & G
				Discus	U15 & U17 B & G