TIMETABLE

TIME	U10	U12	U14	U16	U18	U20/SEN
11.00					3000m	3000m
11.15		Long Jump				
11.30	Standing Long Jump		1500m Javelin	1500m Javelin	1500m Javelin	1500m Javelin
11.45			100m	100m		
12.00					100m	100m
12.15	Shot Put	80m			Long Jump	Long Jump
12.30						
13.00					400m	400m
13.10				300m		
13.30		Shot Put				
13.45	60m			Long Jump		
14.00		150m	Shot Put			
14.15			200m	200m		
14.30			Long Jump	Shot Put	200m	200m
14.40		600m				
14.45				High Jump	High Jump Shot Put	High Jump Shot Put
14.50	1 Lap					
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.

LIVE RESULTS