

TRACK TIMETABLE

Please report to your event at least 15 minutes before the start time. Please note starting blocks can only be used in the finals of events and may not be used in heats.

Event				
1.	9.45a.m.	70m Hurdles	U13 Girls	Heat
2.		70m Hurdles	U13 Boys	Heat
3.		75m Hurdles	Junior Girls	Heat
4.		80m Hurdles	Intermediate Girls	Heat
5.		80m Hurdles	Junior Boys	Heat
6.		100m Hurdles	Senior Girls	Heat
7.		100m Hurdles	Intermediate Boys	Heat
8.		110m Hurdles	Senior Boys	Heat
9.	10.25a.m.	100m	U13 Girls	Heat
10.		100m	U13 Boys	Heat
11.		100m	Junior Girls	Heat
12.		100m	Junior Boys	Heat
13.		100m	Intermediate Girls	Heat
14.		100m	Intermediate Boys	Heat
15.		100m	Senior Girls	Heat
16.		100m	Senior Boys	Heat
17.	11.15a.m.	400m	Intermediate Boys	Heat
18.		400m	Senior Girls	Heat
19.		400m	Senior Boys	Heat
20.	11.35a.m.	300m	Junior Girls	Heat
21.		300m	Junior Boys	Heat
22.		300m	Intermediate Girls	Heat
23.	12.00p.m.	200m	Under 13 Girls	Heat
24.		200m	Under 13 Boys	Heat
25.		200m	Junior Girls	Heat
26.		200m	Junior Boys	Heat
27.		200m	Intermediate Girls	Heat
28.		200m	Intermediate Boys	Heat
29.		200m	Senior Girls	Heat
30.		200m	Senior Boys	Heat
31.	12.45p.m.	3000m	Inter & Senior Boys & Girls	Final
32.	1.05p.m.	Relay	Under 13 Girls	Final
33.		Relay	Under 13 Boys	Final
34.		Relay	Junior Girls	Final
35.		Relay	Junior Boys	Final
36.		Relay	Intermediate Girls	Final
37.		Relay	Intermediate Boys	Final
38.		Relay	Senior Girls	Final
39.		Relay	Senior Boys	Final

AFTERNOON EVENTS

40.	2.30p.m.	300m Hurdles	Intermediate Girls	Heat
41.		400m Hurdles	Senior Girls	Heat
42.		400m Hurdles	Intermediate Boys	Heat
43.		400m Hurdles	Senior Boys	Heat
44.	2.45p.m.	100m	U13 Girls	Final
45.		100m	U13 Boys	Final
46.		100m	Junior Girls	Final
47.		100m	Junior Boys	Final
48.		100m	Intermediate Girls	Final
49.		100m	Intermediate Boys	Final
50.		100m	Senior Girls	Final
51.		100m	Senior Boys	Final
52.	3.05p.m.	800m	U13 Girls	Final
53.		800m	U13 Boys	Final
54.		800m	Junior Girls	Final
55.		800m	Junior Boys	Final
56.		800m	Inter/Senior Girls	Final
57.		800m	Inter/Senior Boys	Final
58.	3.45p.m.	70m Hurdles	U13 Girls	Final
59.		70m Hurdles	U13 Boys	Final
60.		75m Hurdles	Junior Girls	Final
61.		80m Hurdles	Intermediate Girls	Final
62.		80m Hurdles	Junior Boys	Final
63.		100m Hurdles	Intermediate Boys	Final
64.	4.05p.m.	1200m	U13 Girls	Final
65.		1500m	U13 Boys	Final
66.		1500m	Junior Girls	Final
67.		1500m	Junior Boys	Final
68.		1500m	Inter/Senior Girls	Final
69.		1500m	Inter/Senior Boys	Final
70.	4.55p.m.	200m	U13 Girls	Final
71.		200m	U13 Boys	Final
72.		200m	Junior Girls	Final
73.		200m	Junior Boys	Final
74.		200m	Intermediate Girls	Final
75.		200m	Intermediate Boys	Final
76.		200m	Senior Girls	Final
77.		200m	Senior Boys	Final
78.	5.25p.m.	300m	Junior Girls	Final
79.		300m	Junior Boys	Final
80.		300m	Intermediate Girls	Final
81.		400m	Intermediate Boys	Final
82.		400m	Senior Girls	Final
83.		400m	Senior Boys	Final

FIELD EVENTS

(Using pit by finish and javelin by the Discus)

START TIME

(PLEASE ASK ATHLETES TO REPORT 15 MINUTES BEFORE THE START TIME TO THEIR EVENT.)

9.30a.m.	Triple Jump Shot Discus Long Jump	Inter/Senior Boys (P1) Junior Girls Junior Boys U13 Boys (P2)
10.15a.m.	High Jump Triple Jump Discus Shot	U13 Girls Inter/Senior Girls (P1) Junior/Inter Girls Junior Boys
11.00a.m.	High Jump Triple Jump Shot Discus	Junior Girls Junior Boys (P1) Inter/Senior Boys U13 Boys
11.45a.m.	High Jump Long Jump Shot Javelin	Junior Boys Inter/Senior Boys & Girls Inter/Senior Girls U13 Girls
12.30p.m.	Javelin	Inter/Senior Boys and Senior Girls

AFTERNOON FIELD

2.00p.m.	Long Jump Javelin High Jump Shot	U13 Girls U13 Boys U13 Boys U13 Girls
2.45p.m.	Long Jump High Jump Discus Shot	Junior Boys Inter/Senior Boys U13 Girls U13 Boys
3.30p.m.	Long Jump High Jump Javelin	Junior Girls Inter/Senior Girls Junior/Inter Girls
4.10p.m.	Javelin	Junior Boys
4.45p.m.	Discus	Inter/Senior Boys & Senior Girls