

Friday Evening – 31st May 2024**Field Events:**

17.30	Minor Girls	Long Jump
17.30	Minor Boys	High Jump
17.30	Junior Boys	Triple Jump
17.30	Junior Boys	Hammer
17.30	Minor Boys	Shot
17.30	Junior Girls	Discus
17.30	Junior Girls	Pole Vault

18.30	Minor Boys	Long Jump
18.30	Junior Girls	Triple Jump
18.30	Junior Girls	Hammer
18.30	Minor Girls	Shot
18.30	Junior Boys	Javelin

18.45	Minor Girls	High Jump
18.45	Junior Boys	Discus
18.45	Junior Boys	Pole Vault

19.30	Junior Girls	Long Jump
19.30	Junior Boys	Long Jump
19.30	Junior Girls	Javelin

Track Events:

18.00	Junior Girls	1200m Walk
18.15	Junior Boys	1200m Walk
18.30	Inter Girls	2000m Walk
18.45	Inter Boys	2000m Walk
19.00	Senior Girls	3000m Walk
19.15	Senior Boys	3000m Walk

19.30	Inter Girls	1500m S/chase
19.40	Senior Girls	1500m S/chase
19.50	Inter Boys	1500m S/chase
20.00	Senior Boys	2000m S/Chase

20.15	Senior Boys	5000m
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Saturday 1st June 2024

Field Events:

09.00	Inter Girls	Hammer
09.15	Senior Boys	Triple Jump II
09.15	Senior Girls	High Jump
09.30	Inter Girls	Pole Vault III
10.00	Senior Boys	Hammer
10.00	Senior Girls	Shot
10.00	Inter Girls	Javelin
10.15	Junior Boys	High Jump
10.30	Senior Girls	Long Jump I
11.00	Senior Girls	Hammer
11.00	Inter Boys	Triple Jump II
11.00	Junior Boys	Shot
11.30	Inter Girls	Long Jump I
11.30	Senior Girls	Javelin
11.30	Inter Boys	Pole Vault III
11.45	Senior Boys	High Jump
12.00	Junior Girls	Shot
12.00	Inter Boys	Hammer
13.00	Inter Girls	Discus
13.00	Junior Girls	High Jump
13.00	Inter Boys	Long Jump I
13.00	Senior Boys	Pole Vault III
13.30	Senior Girls	Triple Jump II
14.00	Senior Boys	Discus
14.00	Inter Boys	Shot
14.00	Senior Boys	Long Jump I
14.00	Inter Boys	Javelin
14.30	Inter Boys	High Jump
15.00	Senior Girls	Pole Vault III
15.00	Senior Girls	Discus
15.00	Inter Girls	Shot
15.00	Inter Girls	Triple Jump II
15.30	Senior Boys	Javelin
16.00	Inter Boys	Discus
16.00	Senior Boys	Shot
16.00	Inter Girls	High Jump

Track Events:

10.00	Inter Girls	3000m
10.15	Senior Girls	3000m
10.30	Senior Boys	400m Hurdles
10.35	Inter Boys	400m Hurdles
10.40	Senior Girls	400m Hurdles
10.45	Inter Girls	300m Hurdles
10.55	Minor Girls	100m
11.00	Minor Boys	100m
11.05	Junior Girls	100m
11.10	Junior Boys	100m
11.15	Inter Girls	100m
11.20	Inter Boys	100m
11.25	Senior Girls	100m
11.30	Senior Boys	100m
11.40	Minor Girls	800m
11.45	Minor Boys	800m
11.50	Junior Girls	800m
11.55	Junior Boys	800m
12.00	Inter Girls	800m
12.05	Inter Boys	800m
12.10	Senior Girls	800m
12.15	Senior Boys	800m
12.30	Junior Girls	200m
12.35	Junior Boys	200m
12.40	Inter Girls	200m
12.45	Inter Boys	200m
12.50	Senior Girls	200m
12.55	Senior Boys	200m
13.00	Inter Boys	3000m
13.15	Senior Boys	110m Hurdles
13.20	Inter Boys	100m Hurdles
13.25	Senior Girls	100m Hurdles
13.35	Junior Boys	80m Hurdles
13.40	Inter Girls	80m Hurdles
13.45	Junior Girls	75m Hurdles
13.55	Minor Boys	75m Hurdles
14.00	Minor Girls	75m Hurdles
14.10	Inter Girls	300m
14.15	Inter Boys	400m
14.20	Senior Girls	400m
14.25	Senior Boys	400m
14.30	Under 16 Girls	1 Mile
14.40	Under 16 Boys	1 Mile
14.50	Junior Girls	1500m
15.00	Junior Boys	1500m
15.10	Inter Girls	1500m
15.20	Inter Boys	1500m
15.30	Senior Girls	1500m
15.40	Senior Boys	1500m
15.50	Minor Girls	Relay
16.00	Minor Boys	Relay
16.10	Junior Girls	Relay
16.20	Junior Boys	Relay
16.30	Inter Girls	Relay
16.35	President's Address	
16.40	Inter Boys	Relay
16.50	Senior Girls	Relay
17.00	Senior Boys	Relay
17.10	Senior Girls	Relay (4 x 300m)
17.20	Senior Boys	Relay (4 x 400m)