Time	Event	Details
10:00	U14 Girls 75m Hurdles (68.6)	11.50/7.50/11.00
10:10	U14 Boys 75m Hurdles (76.2)	11.50/7.50/11.00
10:20	U15 Girls 80m Hurdles (76.2)	12.00/8.00/12.00
10:30	U16 Girls 80m Hurdles (76.2)	12.00/8.00/12.00
10:40	Masters Women 40-49 80m Hurdles (76.2)	12.00/8.00/12.00
10:45	U15 Boys 80m Hurdles (84.0)	12.00/8.00/12.00
10:55	U16 Boys 100m Hurdles (84.0)	13.00/8.50/10.50
11:05	Youth Women 100m Hurdles (76.2)	13.00/8.50/10.50
11:15	Junior, Senior Women 100m Hurdles (84.0)	13.00/8.50/10.50
11:20	Masters Women 35-39 100m Hurdles (84.0)	13.00/8.50/10.50
11:25	Masters Men 35-39 110m Hurdles (99.1)	13.72/9.14/14.02
11:25	Masters Men 40-49 110m Hurdles (99.1)	13.72/9.14/14.02
11:30	Masters Women 50+ 100m	
11:35	Masters Men 50+ 100m	
11:40	Youth, Junior, Senior Men 100m	

From 15:20   Combined Events 800m, 1000m, 1500m

Time	Event
16:00	Youth, Junior, Senior Women 200m
17:30	Youth, Junior, Senior Men 400m

NOTE: CE distance races may be run earlier in the program

Time	Event	Venue
10:15	U14 Girls	High Jump 1
11:45	U15 Girls	High Jump 1
13:15	U15 Boys	High Jump 1
14:30	U16 Boys	High Jump 1
10:30	U15 Girls	Long Jump 1
11:30	U15 Boys	Long Jump 1
12:45	Youth, Junior, Senior, Men	Long Jump 1
13:30	Masters 35+, 50+ Women	Long Jump 1
14:30	Masters Men 35+	Long Jump 1
10:00	U16 Boys	Shot Put 1
10:45	Masters Men 35+	Shot Put 1
11:30	U14 Boys	Shot Put 1
12:15	U16 Girls	Shot Put 1
13:00	U15 Girls	Shot Put 1
14:30	Youth, Junior, Senior Men	Shot Put 1

Time	Event	Venue
10:15	U14 Boys	High Jump 2
11:45	Youth, Junior, Senior, Masters 35+ Women	High Jump 2
13:15	U16 Girls	High Jump 2
15:15	Masters Men 35+	High Jump 2
16:00	Youth, Junior, Senior Men	High Jump 2
10:40	U16 Girls	Long Jump 2
11:30	U16 Boys	Long Jump 2
12:30	U14 Girls	Long Jump 2
13:45	U14 Boys	Long Jump 1
14:45	Masters Men 50+	Long Jump 2
10:00	U15 Boys	Shot Put 2
10:45	Masters Men 50+	Shot Put 2
12:15	Masters 35+, 50+ Women	Shot Put 2
13:15	U14 Girls	Shot Put 2
14:30	Youth, Junior, Senior Women	Shot Put 2