

## Track

Time	Age	Event
10:00	Girls U14	60m H 2'3" (0.686m)
10:25	Boys U14	60m H 2'6" (0.762m)
10:45	Girls U15	60m H 2'6" (0.762m)
11:00	Girls U16	60m H 2'6" (0.762m)
11:20	Boys U15	60m H 2'9" (0.838m)
11:45	Boys U16	60m H 2'9" (0.838m)
11:55	U18 Women	60m H 2'6" (0.762m)
	U20 & Senior Women	60m H 2'9" (0.838m)
12:20	Master Women O35-39	60m H 2'9" (0.838m)
	Master Women O40-49	60m H 2'6" (0.762m)
	Master Women O50-59	60m H 3'3" (0.762m)NS
	Master Women O60+	60m H 3'0" (0.686m)NS
12:30	Master Men O35-49	60m H 3'3" (0.991m)
	Master Men O50-59	60m H 3'0" (0.914m)
	Master Men O60-69	60m H 2'9" (0.838m)
	Master Men O70-79	60m H 2'6" (0.762m)NS
13:00	U18 Men	60m H 3'0" (0.914m)
	U20 Men	60m H 3'3" (0.991m)
	Senior Men	60m H 3'6" (1.067m)

Event to take place 20min after Last Event	Age	Event
	Girls U14	800m
	Boys U14	800m
	Girls U15	800m
	Girls U16	800m
	Boys U15	800m
	Boys U16	800m
16:45	U18, U20 & Sen Women	800m
17:00	Master Women	800m
17:15	Master Men	1000m
17:30	U18, U20 & Sen Men	1000m

## Field

Time	Age	Event
10:00	Girls U16	Long Jump Pit 1
B	Girls U15	Long Jump Pit 1
C	Girls U14	Long Jump Pit 1
D	U18, U20 & Sen Women	Long Jump Pit 1
10:00	Boys U16	Long Jump Pit 2
B	Boys U15	Long Jump Pit 2
C	Boys U14	Long Jump Pit 2
D	Master Men	Long Jump Pit 2
E	Master Women	Long Jump Pit 2
10:00	Girls 15	High Jump 1
B	Girls 14	High Jump 1
C	Girls 16	High Jump 1
D	U18, U20 & Sen Women	High Jump 1
F	Master Men	High Jump 1
10:00	Boys 15	High Jump 2
B	Boys 16	High Jump 2
C	Boys 14	High Jump 2
D	Master Women	High Jump 1
10:15	Girls 14	Shotput 2kg
B	Boys 14	Shotput 2.72kg
C	Girls 15	Shotput 2.72kg
D	Boys 15	Shotput 3kg
E	Girls 16	Shotput 3kg
F	Boys 16	Shotput 4kg
G	U18 Women	Shotput 3kg
G	U20 & Senior Women	Shotput 4kg
H	Master O35-49 Women	Shotput 4kg
H	Master Women O50-74	Shotput 3kg
I	Master Men O35-49	Shotput 7.26kg
I	Master Men O50-59	Shotput 6kg
I	Master Men O60-69	Shotput 5kg
I	Master Men O70-79	Shotput 4kg
14:00	U18, U20 & Sen Men	Pole Vault

**Schedule Subject to Changed,  
please pay attention to PA  
throughout the day**