

Track

Field

| Time | Age | Event |
|-------|---------------------|--------------------------|
| 10:00 | Girls U14 | 60m H 2'3" (0.686m)75mH |
| 10:20 | Boys U14 | 60m H 2'6" (0.762m)75mH |
| 10:45 | Girls U15 | 60m H 2'6" (0.762m)80mH |
| 11:00 | Girls U16 | 60m H 2'6" (0.762m)80mH |
| 11:20 | Boys U15 | 60m H 2'9" (0.838m)80mH |
| 11:45 | Boys U16 | 60m H 2'9" (0.838m)100mH |
| 11:55 | U18 Women | 60m H 2'6" (0.762m)100mH |
| | U20 & Senior Women | 60m H 2'9" (0.838m)100mH |
| 12:20 | Master Women O35-39 | 60m H 2'9" (0.838m)100mH |
| | Master Women O40-49 | 60m H 2'6" (0.762m)80H |
| | Master Women O50-59 | 60m H 3'3" (0.762m)NS |
| | Master Women O60+ | 60m H 3'0" (0.686m)NS |
| | Master Men O70-79 | 60m H 2'6" (0.762m)NS |
| | Master Men O35-49 | 60m H 3'3" (0.991m)110mH |
| | Master Men O50-59 | 60m H 3'0" (0.914m)100mH |
| | Master Men O60-69 | 60m H 2'9" (0.838m)80mH |
| 13:00 | U18 Men | 60m H 3'0" (0.914m)110mH |
| | U20 Men | 60m H 3'3" (0.991m)110mH |
| | Senior Men | 60m H 3'6" (1.067m)110mH |

| 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 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 | Senior & Master Women | Long Jump Pit 2 |

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|-------|-----------------|-------------|
| 10:00 | Girls 15 | High Jump 1 |
| B | Girls 14 | High Jump 1 |
| C | Girls 16 | High Jump 1 |
| D | U18 & U20 Women | High Jump 1 |
| E | Master Men | High Jump 1 |

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|-------|-----------------------|-------------|
| 10:00 | Boys 15 | High Jump 2 |
| B | Boys 16 | High Jump 2 |
| C | Boys 14 | High Jump 2 |
| D | Senior & Master Women | High Jump 2 |

| Event to take place 30 min after Last Event | Age | Event |
|---|----------------------|-------|
| | Girls U14 | 800m |
| | Boys U14 | 800m |
| | Girls U15 | 800m |
| | Girls U16 | 800m |
| | Boys U15 | 800m |
| | Boys U16 | 800m |
| | U18, U20 & Sen Women | 800m |
| | Master Women | 800m |
| | Master Men | 1000m |
| | U18, U20 & Sen Men | 1000m |

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|-------|---------------------|----------------|
| 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 | U20 & Senior Women | Shotput 4kg |
| G | Master O35-49 Women | Shotput 4kg |
| H | U18 Women | Shotput 3kg |
| 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 70+ | Shotput 4kg |

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|-------|--------------------|------------|
| 14:00 | U18, U20 & Sen Men | Pole Vault |
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Schedule Subject to Changed,
please pay attention to PA
throughout the day