

**The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.**

Check-in Opens at 08:30am

**Check in closes 9.15 am Girls Walks**

**10.00 a.m. (Age Groups may be combined)**

Girls	U17	3000m Walk	F
Girls	U18	3000m Walk	F
Girls	U19	3000m Walk	F
Girls	U14	2000m Walk	F
Girls	U15	2000m Walk	F
Girls	U16	2000m Walk	F

**Check in closes 10.30 am 400m**

11.15 am	Girls	U17	400m	H
	Boys	U17	400m	H
	Girls	U18	400m	H
	Boys	U18	400m	H
	Girls	U19	400m	H
	Boys	U19	400m	H

**Check in closes 11.20 am Boys Walks**

**12:20 pm (Age Groups may be combined)**

Boys	U14	2000m Walk	F
Boys	U15	2000m Walk	F
Boys	U16	3000m Walk	F
Boys	U17	3000m Walk	F
Boys	U18	5000m Walk	F
Boys	U19	5000m Walk	F

**1.30 pm 400m Finals**

**Check in closes 1.15 pm Sprints**

2.00 pm	Girls	U13	80m	H
	Boys	U13	80m	H
	Girls	U14	80m	H
	Boys	U14	80m	H
	Girls	U15	100m	H
	Boys	U15	100m	H
	Girls	U16	100m	H
	Boys	U16	100m	H
	Girls	U17	100m	H
	Boys	U17	100m	H
	Girls	U18	100m	H
	Boys	U18	100m	H
	Girls	U19	100m	H
	Boys	U19	100m	H

**Check in closes 3.00 p.m. 3000m**

**3.45 p.m. (Age Groups may be combined)**

Girls	U16	3000m	F
Boys	U16	3000m	F
Girls	U17	3000m	F
Boys	U17	3000m	F
Girls	U18	3000m	F
Boys	U18	3000m	F
Girls	U19	3000m	F
Boys	U19	3000m	F

**5.00 pm. Sprint Finals**

**Check in Closes 1 hour prior to each start time**

**Discus**

10.00 am	U14	Girls
11.15 am	U17	Girls
12.30 pm	U18	Girls
2.00 pm	U14	Boys
3.30 pm	U17	Boys
4.30 pm	U18	Boys

**Hammer**

10.00 am	U15	Girls
10.45 am	U16	Girls
11.30 pm	U15	Boys
12.15 pm	U16	Boys
2.00 pm	U19	Girls
2.45 pm	U19	Boys

**Shot Put**

10.00 am	U15	Boys
11.00 am	U16	Boys
1.30 pm	U18	Girls
2.45 pm	U16	Girls
4.00 pm	U15	Girls

**Javelin**

10.00 am	U18	Boys
10.45 am	U17	Boys
12.00 pm	U19	Boys
1.30 pm	U14	Girls
2.45 pm	U14	Boys

**Long Jump**

10.00 am	U17	Boys
11.30 am	U14	Girls
1.30 pm	U16	Girls
3.00 pm	U14	Boys

**Triple Jump**

10.00 am	U19	Boys
10.45 am	U18	Boys
1.00 pm	U15	Boys
2.00 pm	U15	Girls

**High Jump**

10.00 am	U16	Boys
11.00 am	U15	Boys
12.00 pm	U18&19	Boys
2.00 pm	U15	Girls

**Pole Vault**

**(Warm up 9.30 am)**

10.30 am	U15	Girls
	U16	Girls

**(Warm up 1.00 pm)**

2.00 pm	U17	Girls
	U18	Girls
	U19	Girls