

** Scheduled times
are **ONLY** a guide and
may change
the week of event **

Track

Field

10:00	60m Sprint	Women	Heats	10:00	Triple Jump	U20 & U23 Men
10:28	60m Sprint	Men	Heats	11:30	Triple Jump	U20 & U23 Women
11:05	1500m	Women	Final			
11:15	1500m	Men	Final	10:10	Shot Put (6kg/7.26kg)	U20 & U23 Men
11:35	400m	Women	Heats	11:40	Shot Put (4kg)	U20 & U23 Women
12:10	400m	Men	Heats			
12:50	60m Sprint	Women	Final	11:30	High Jump	U20 & U23 Men
13:00	60m Sprint	Men	Final	13:00	High Jump	U20 & U23 Women
13:25	800m	Women	Heats			
13:40	800m	Men	Heats	12:20	Pole Vault	U20 & U23 Men
14:00	200m Sprint	Women	Heats	14:50	Pole Vault	U20 & U23 Women
14:45	200m Sprint	Men	Heats			
15:35	3000m Walk	Women	Final	13:00	Long Jump	U20 Men
15:55	3000m Walk	Men	Final	15:00	Long Jump	U20 Women
16:15	60m Hurdles	Women	Heats	16:30	Long Jump	U23 Men & Women
16:30	60m Hurdles	Men	Heats			
16:45	200m	Women	Final	13:40	Weight (20lb & 28lb)	U20 & U23 Women
16:55	200m	Men	Final	14:50	Weight (35lb)	U20 & U23 Men
17:05	400m	Women	Final			
17:15	400m	Men	Final			
17:25	800m	Women	Final			
17:35	800m	Men	Final			
17:45	60m Hurdles	Women	Final			
17:55	60m Hurdles	Men	Final			
18:00	4x200m Relay	Women	Final			
18:10	4x200m Relay	Men	Final			

Notes for Track Events
 Women follow by Men, U20 follow by U23
 Finals will be at heat time If no heats required
 There will be Timed Finals
 for the 1500m & Relays if required

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