

Friday Evening – 31st May 2024**Field Events:**

| | | |
|-------|--------------|-------------|
| 17.30 | Minor Girls | Long Jump |
| 17.30 | Minor Boys | High Jump |
| 17.30 | Junior Boys | Triple Jump |
| 17.30 | Junior Boys | Hammer |
| 17.30 | Minor Boys | Shot |
| 17.30 | Junior Girls | Discus |
| 17.30 | Junior Girls | Pole Vault |

| | | |
|-------|--------------|-------------|
| 18.30 | Minor Boys | Long Jump |
| 18.30 | Junior Girls | Triple Jump |
| 18.30 | Junior Girls | Hammer |
| 18.30 | Minor Girls | Shot |
| 18.30 | Junior Boys | Javelin |

| | | |
|-------|-------------|------------|
| 18.45 | Minor Girls | High Jump |
| 18.45 | Junior Boys | Discus |
| 18.45 | Junior Boys | Pole Vault |

| | | |
|-------|--------------|-----------|
| 19.30 | Junior Girls | Long Jump |
| 19.30 | Junior Boys | Long Jump |
| 19.30 | Junior Girls | Javelin |

Track Events:

| | | |
|-------|--------------|------------|
| 18.00 | Junior Girls | 1200m Walk |
| 18.15 | Junior Boys | 1200m Walk |
| 18.30 | Inter Girls | 2000m Walk |
| 18.45 | Inter Boys | 2000m Walk |
| 19.00 | Senior Girls | 3000m Walk |
| 19.15 | Senior Boys | 3000m Walk |

| | | |
|-------|--------------|---------------|
| 19.30 | Inter Girls | 1500m S/chase |
| 19.40 | Senior Girls | 1500m S/chase |
| 19.50 | Inter Boys | 1500m S/chase |
| 20.00 | Senior Boys | 2000m S/Chase |

| | | |
|-------|-------------|-------|
| 20.15 | Senior Boys | 5000m |
|-------|-------------|-------|

Saturday Events on Page 2

Saturday 1st June 2024

Field Events:

| | | |
|-------|--------------|----------------|
| 09.00 | Inter Girls | Hammer |
| 09.15 | Senior Boys | Triple Jump II |
| 09.15 | Senior Girls | High Jump |
| 09.30 | Inter Girls | Pole Vault III |
| 10.00 | Senior Boys | Hammer |
| 10.00 | Senior Girls | Shot |
| 10.00 | Inter Girls | Javelin |
| 10.15 | Junior Boys | High Jump |
| 10.30 | Senior Girls | Long Jump I |
| 11.00 | Senior Girls | Hammer |
| 11.00 | Inter Boys | Triple Jump II |
| 11.00 | Junior Boys | Shot |
| 11.30 | Inter Girls | Long Jump I |
| 11.30 | Senior Girls | Javelin |
| 11.30 | Inter Boys | Pole Vault III |
| 11.45 | Senior Boys | High Jump |
| 12.00 | Junior Girls | Shot |
| 12.00 | Inter Boys | Hammer |
| 13.00 | Inter Girls | Discus |
| 13.00 | Junior Girls | High Jump |
| 13.00 | Inter Boys | Long Jump I |
| 13.00 | Senior Boys | Pole Vault III |
| 13.30 | Senior Girls | Triple Jump II |
| 14.00 | Senior Boys | Discus |
| 14.00 | Inter Boys | Shot |
| 14.00 | Senior Boys | Long Jump I |
| 14.00 | Inter Boys | Javelin |
| 14.30 | Inter Boys | High Jump |
| 15.00 | Senior Girls | Pole Vault III |
| 15.00 | Senior Girls | Discus |
| 15.00 | Inter Girls | Shot |
| 15.00 | Inter Girls | Triple Jump II |
| 15.30 | Senior Boys | Javelin |
| 16.00 | Inter Boys | Discus |
| 16.00 | Senior Boys | Shot |
| 16.00 | Inter Girls | High Jump |

Track Events:

| | | |
|--------------|----------------------------|------------------|
| 10.00 | Inter Girls | 3000m |
| 10.15 | Senior Girls | 3000m |
| 10.30 | Senior Boys | 400m Hurdles |
| 10.35 | Inter Boys | 400m Hurdles |
| 10.40 | Senior Girls | 400m Hurdles |
| 10.45 | Inter Girls | 300m Hurdles |
| 10.55 | Minor Girls | 100m |
| 11.00 | Minor Boys | 100m |
| 11.05 | Junior Girls | 100m |
| 11.10 | Junior Boys | 100m |
| 11.15 | Inter Girls | 100m |
| 11.20 | Inter Boys | 100m |
| 11.25 | Senior Girls | 100m |
| 11.30 | Senior Boys | 100m |
| 11.40 | Minor Girls | 800m |
| 11.45 | Minor Boys | 800m |
| 11.50 | Junior Girls | 800m |
| 11.55 | Junior Boys | 800m |
| 12.00 | Inter Girls | 800m |
| 12.05 | Inter Boys | 800m |
| 12.10 | Senior Girls | 800m |
| 12.15 | Senior Boys | 800m |
| 12.30 | Junior Girls | 200m |
| 12.35 | Junior Boys | 200m |
| 12.40 | Inter Girls | 200m |
| 12.45 | Inter Boys | 200m |
| 12.50 | Senior Girls | 200m |
| 12.55 | Senior Boys | 200m |
| 13.00 | Inter Boys | 3000m |
| 13.15 | Senior Boys | 110m Hurdles |
| 13.20 | Inter Boys | 100m Hurdles |
| 13.25 | Senior Girls | 100m Hurdles |
| 13.35 | Junior Boys | 80m Hurdles |
| 13.40 | Inter Girls | 80m Hurdles |
| 13.45 | Junior Girls | 75m Hurdles |
| 13.55 | Minor Boys | 75m Hurdles |
| 14.00 | Minor Girls | 75m Hurdles |
| 14.10 | Inter Girls | 300m |
| 14.15 | Inter Boys | 400m |
| 14.20 | Senior Girls | 400m |
| 14.25 | Senior Boys | 400m |
| 14.30 | Under 16 Girls | 1 Mile |
| 14.40 | Under 16 Boys | 1 Mile |
| 14.50 | Junior Girls | 1500m |
| 15.00 | Junior Boys | 1500m |
| 15.10 | Inter Girls | 1500m |
| 15.20 | Inter Boys | 1500m |
| 15.30 | Senior Girls | 1500m |
| 15.40 | Senior Boys | 1500m |
| 15.50 | Minor Girls | Relay |
| 16.00 | Minor Boys | Relay |
| 16.10 | Junior Girls | Relay |
| 16.20 | Junior Boys | Relay |
| 16.30 | Inter Girls | Relay |
| 16.35 | President's Address | |
| 16.40 | Inter Boys | Relay |
| 16.50 | Senior Girls | Relay |
| 17.00 | Senior Boys | Relay |
| 17.10 | Senior Girls | Relay (4 x 300m) |
| 17.20 | Senior Boys | Relay (4 x 400m) |