

## Athletes check- in (90 minutes) prior to their event

Track				Field		
Track Athletes to the call room (20 minutes) Prior to their Event Finals if Heats not Required at Heat Time				Field Athletes to the call room prior to event High Jump (65 Minutes) Pole Vault (80 Minutes) Throws (40 Minutes)		
10:00	3000mW	Women	Final	10:30	Long Jump	U23 Men & Women
10:20	5000mW	Men	Final	12:00	Long Jump	U20 Men
10:50	400mH	Women	Final (TT)	13:40	Long Jump	U20 Women
11:05	400mH	Men	Final (TT)			
11:25	100m	Women	Heats	11:00	Hammer	Men
11:40	100m	Men	Heats	13:30	Hammer	Women
12:05	800m	Women	Heats			
12:20	800m	Men	Heats	11:15	High Jump	Women
12:45	3000mSC	Women	Final	13:00	High Jump	Men
13:10	100m	Women	Final			
13:18	100m	Men	Final	11:30	Shot Put	Women
13:30	3000mSC	Men	Final	13:10	Shot Put	Men
14:00	400m	Women	Heats			
14:12	400m	Men	Heats	11:15	Pole Vault	Men
14:50	1500m	Women	Final	14:15	Pole Vault	Women
15:02	1500m	Men	Final TT			
15:26	200m	Women	Heats	14:30	Discus	Men
15:46	200m	Men	Heats	16:00	Discus	Women
16:10	5000m	Women	Final			
16:30	100mH	Women	Heats	14:25	Weight (20lbs, 28lbs)	Women
16:45	110mH	Men	Final	15:30	Weight (35lbs)	Men
17:00	400m	Women	Final			
17:10	400m	Men	Final	15:00	Javelin	Women
17:20	5000m	Men	Final	16:30	Javelin	Men
17:40	800m	Women	Final			
17:45	800m	Men	Final			
17:55	200m	Women	Final			
18:05	200m	Men	Final	15:45	Triple Jump	Men
18:15	100mH	Women	Final	17:15	Triple Jump	Women
18:20	110mH	Men	Final			
18:25	4x100m	Women	Final			
18:30	4x100m	Men	Final			
18:35	4x400m	Women	Final			
18:40	4x400m	Men	Final			

**Unless stated - Order of Competition is U20 followed by U23**