

Checkin Closes 90min out from event
Implements to be weighed in 50min pre Event

	Track		Field	
10:00	60m Sprint	Women	Heats	10:00 Triple Jump U20 & U23 Men
10:30	60m Sprint	Men	Heats	11:40 Triple Jump U20 & U23 Women
11:10	1500m	Women	Final	
11:28	1500m	Men	Final	13:40 Long Jump U20 Men
12:00	400m	Women	Heats	15:10 Long Jump U20 Women
12:40	400m	Men	Heats	16:40 Long Jump U23 Men & Women
13:20	60m Sprint	Women	Final	
13:30	60m Sprint	Men	Final	10:10 Shot Put (6kg/7.26kg) U20 & U23 Men
13:40	800m	Women	Heats	12:00 Shot Put (4kg) U20 & U23 Women
13:55	800m	Men	Heats	
14:15	200m Sprint	Women	Heats	14:30 Weight (20/28lb) U20 & U23 Women
14:45	200m Sprint	Men	Heats	16:10 Weight (35lb) U20 & U23 Men
15:25	3000m Walk	U20 W + U23 W	Final	
15:40	3000m Walk	U20 M + U23 M	Final	11:10 High Jump U20 & U23 Men
15:55	60m Hurdles	U20 Women	Heats	14:00 High Jump U20 & U23 Women
16:05	60m Hurdles	U23 Women	Final	
16:15	60m Hurdles	Men	Final	11:30 Pole Vault U20 & U23 Women
16:25	200m	Women	Final	15:00 Pole Vault U20 & U23 Men
16:35	200m	Men	Final	
16:45	400m	Women	Final	
16:55	400m	Men	Final	
17:05	800m	Women	Final	
17:15	800m	Men	Final	
17:25	60m Hurdles	Women U20	Final	
17:35	4x400m Relay	Women	Final	
17:40	4x400m Relay	Men	Final	

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

<p>Notes:</p> <p>Women follow by Men</p> <p>U20 follow by U23</p> <p>If no heats are required, Final will be at Heat Time</p> <p>Timed Finals will be done if required for the 1500m & Relays</p>	<p>Callroom:</p> <p>20 Minutes before Track Events</p> <p>50 Minutes before Shot Put / Weight Throw</p> <p>50 Minutes before Long / Triple Jump</p> <p>65 Minutes before High Jump</p> <p>80 Minutes before Pole Vault</p>
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