

Lower Age Group Timetable

TRACK Timetable

Time	Event	M/F	
11:15	70m Hurdles	U13 Girls	A followed by B
11:25	75m Hurdles	U13 Boys	A followed by B
11:35	75m Hurdles	U15 Girls	A followed by B
11:45	80m Hurdles	U15 Boys	A followed by B
12:00	150m	U13 Girls	A followed by B
12:10	150m	U13 Boys	A followed by B
12:20	200m	U15 Girls	A followed by B
12:30	200m	U15 Boys	A followed by B
12:45	800m	U13 Girls	A followed by B
12:50	800m NS	U13 Girls	
13:00	800m	U13 Boys	A followed by B
13:10	800m NS	U13 Boys	
13:15	800m	U15 Girls	A followed by B
13:25	800m NS	U15 Girls	
13:30	800m	U15 Boys	A followed by B
13:40	800m NS	U15 Boys	

Track Break

14:05	75m	U13 Girls	A followed by B
14:15	75m NS	U13 Girls	
14:20	75m	U13 Boys	A followed by B
14:30	75m NS	U13 Boys	
14:35	100m	U15 Girls	A followed by B
14:45	100m NS	U15 Girls	
14:50	100m	U15 Boys	A followed by B
15:00	100m NS	U15 Boys	
15:05	300m	U15 Girls	A followed by B
15:15	300m	U15 Boys	A followed by B
15:25	1500m	U15 Girls	One Race
15:35	1500m	U15 Boys	One Race
15:45	1200m	U13 Girls	One Race
15:55	1200m	U13 Boys	One Race
16:05	4x100m	U15 Girls	One Race
16:10	4x100m	U15 Boys	One Race
16:15	4x100m	U13 Boys	One Race
16:20	4x100m	U13 Girls	One Race
16:25	4x300m	U15 Girls	One Race
16:30	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F	
11:15	Hammer	U15 B & G	
11:30	Long Jump	U13 Boys	
11:45	High Jump	U15 Girls	
11:45	Shot	U13 Girls	
12:15	Discus	U15 Boys	
13:00	Long Jump	U15 Girls	
13:00	High Jump	U13 B & G	
13:00	Pole Vault	U15 B & G	
13:00	Discus	U15 Girls	
13:15	Shot	U15 Boys	
13:45	Javelin	U15 Boys	
14:30	Long Jump	U13 Girls	
14:30	High Jump	U15 Boys	
14:30	Shot	U13 Boys	
14:30	Javelin	U15 Girls	
15:15	Javelin	U13 Boys	
15:30	Long Jump	U15 Boys	
15:30	Shot	U15 Girls	
16:00	Javelin	U13 Girls	
3 trials per athlete except vertical jumps			