

Events times and or order may be altered once nominations have closed
TRACK EVENTS: *Finals will be run at heat time if there are insufficient athletes to run Heats.*

SATURDAY

8:00am - Opening & Welcome

Girls U12 1500m
 Boys U12 1500m
 Girls U14 High Jump
 Boys U14 High Jump
 Girls U7 Long Jump
 Boys U7 Long Jump
 Girls U13 Shot Put
 Boys U13 Shot Put
 Girls U10 Discus
 Boys U10 Discus

8:15am

Girls U11 1500m
 Boys U11 1500m

8:30am

Girls U15 1500m
 Boys U15 1500m
 Girls U16 1500m
 Boys U16 1500m
 Girls U17 1500m
 Boys U17 1500m

8:45am

Girls U13 1500m
 Boys U13 1500m
 Girls U12 Long Jump
 Boys U12 Long Jump

9:00am

Girls U14 1500m
 Boys U14 1500m

9:15am

Girls U9-10 400m MC
 Boys U9-10 400m MC
 Girls 11-12 400m MC
 Boys 11-12 400m MC
 Girls U13-14 400m MC
 Boys U13-14 400m MC
 Girls U15-17 400m MC
 Boys U15-17 400m MC
 Girls U9 400m
 Boys U9 400m

9:30am

Girls U10 400m
 Boys U10 400m
 Girls U17 High Jump
 Boys U17 High Jump
 Girls U16 High Jump
 Boys U16 High Jump
 Girls U8 Shot Put
 Boys U8 Shot Put
 Girls U7 Discus
 Boys U7 Discus

9:45am

Girls U14 400m
 Boys U14 400m
 Girls U13 400m
 Boys U13 400m

Finals
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Finals
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10:00am

Girls U11 400m
 Boys U11 400m

Finals
 Finals

10:15am

Girls U12 400m
 Boys U12 400m
 Girls U14 Triple Jump
 Boys U14 Triple Jump

Finals
 Finals
 Finals
 Finals

10:30am

Girls U17 400m
 Boys U17 400m
 Girls U16 400m
 Boys U16 400m
 Girls U15 400m
 Boys U15 400m
 Girls U12 Discus
 Boys U12 Discus

Finals
 Finals
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 Finals

10:40am

Girls U9 60m Hurdles
 Boys U9 60m Hurdles
 Girls U10 60m Hurdles
 Boys U10 60m Hurdles

Heats
 Heats
 Heats
 Heats

10:50am

Girls U11 80m Hurdles
 Boys U11 80m Hurdles
 Girls U12 80m Hurdles
 Boys U12 80m Hurdles

Heats
 Heats
 Heats
 Heats

11:00am

Girls U15 High Jump
 Boys U15 High Jump
 Girls U10 Long Jump
 Boys U10 Long Jump
 Girls U9 Shot Put
 Boys U9 Shot Put

Finals
 Finals
 Finals
 Finals
 Finals
 Finals

11:40am

Girls U12 100m
 Boys U12 100m
 Girls U11 100m
 Boys U11 100m

Heats
 Heats
 Heats
 Heats

11:50am

Girls U13 100m
 Boys U13 100m
 Girls U11 Discus
 Boys U11 Discus

Heats
 Heats
 Finals
 Finals

12:00pm

Girls U9 100m
 Boys U9 100m
 Girls U14 100m
 Boys U14 100m
 Girls U16 Long Jump
 Boys U16 Long Jump
 Girls U17 Long Jump
 Boys U17 Long Jump

Heats
 Heats
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 Heats
 Finals
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 Finals

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12:10pm

Girls U10 100m
 Boys U10 100m
 Girls U13 High Jump
 Boys U13 High Jump

Heats
 Heats
 Finals
 Finals

12:20pm

Girls U9-10 100m MC
 Boys U9-10 100m MC
 Girls 11-12 100m MC
 Boys 11-12 100m MC
 Girls U13-14 100m MC
 Boys U13-14 100m MC
 Girls U15-17 100m MC
 Boys U15-17 100m MC
 Girls U7 100m
 Boys U7 100m
 Girls U8 100m
 Boys U8 100m

Finals
 Finals
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 Finals

12:30pm U7& 8s Participation Recognition

12:40pm

Girls U15 100m
 Boys U15 100m
 Girls U16 100m
 Boys U16 100m
 Girls U17 100m
 Boys U17 100m

Heats
 Heats
 Heats
 Heats
 Heats
 Heats

12:50pm

Girls U9-10 Discus MC
 Boys U9-10 Discus MC
 Girls 11-12 Discus MC
 Boys 11-12 Discus MC
 Girls U13-14 Discus MC
 Boys U13-14 Discus MC
 Girls U15-17 Discus MC
 Boys U15-17 Discus MC
 Girls U12 80m Hurdles
 Boys U12 80m Hurdles
 Girls U11 80m Hurdles
 Boys U11 80m Hurdles

Finals
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 Finals

1:00pm

Girls U10 60m Hurdles
 Boys U10 60m Hurdles
 Girls U9 60m Hurdles
 Boys U9 60m Hurdles
 Girls U14 Discus
 Boys U14 Discus

Finals
 Finals
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 Finals
 Finals
 Finals

1:10pm

Girls U13 100m
 Boys U13 100m
 Girls U14 100m
 Boys U14 100m

Finals
 Finals
 Finals
 Finals

1:20pm

Girls U15 100m
 Boys U15 100m
 Girls U16 100m
 Boys U16 100m
 Girls U17 100m
 Boys U17 100m
 Girls U9 High Jump
 Boys U9 High Jump
 Girls U13 Long Jump
 Boys U13 Long Jump

Finals
 Finals
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 Finals
 Finals

1:40pm

Girls U15 Shot Put
 Boys U15 Shot Put

Finals
 Finals

1:50pm

Girls U12 Javelin
 Boys U12 Javelin

Finals
 Finals

2:00pm

Girls U9 100m
 Boys U9 100m
 Girls U10 100m
 Boys U10 100m

Finals
 Finals
 Finals
 Finals

2:10pm

Girls U11 100m
 Boys U11 100m
 Girls U12 100m
 Boys U12 100m

Finals
 Finals
 Finals
 Finals

2:40pm

Girls U10 High Jump
 Boys U10 High Jump
 Girls U12 Triple Jump
 Boys U12 Triple Jump
 Girls U16 Shot Put
 Boys U16 Shot Put
 Girls U17 Shot Put
 Boys U17 Shot Put

Finals
 Finals
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 Finals

2:50pm

Girls U15 Javelin
 Boys U15 Javelin

Finals
 Finals

3:00pm

Girls U9 700m Walk
 Boys U9 700m Walk

Finals
 Finals

3:15pm

Girls U10 1100m Walk
 Boys U10 1100m Walk

Finals
 Finals

Events times and or order may be altered once nominations have closed
TRACK EVENTS: Finals will be run at heat time if there are insufficient athletes to run Heats.

3:30pm

Girls U11 1100m Walk
 Boys U11 1100m Walk
 Girls U9-10 Shot Put MC
 Boys U9-10 Shot Put MC
 Girls 11-12 Shot Put MC
 Boys 11-12 Shot Put MC
 Girls U13-14 Shot Put MC
 Boys U13-14 Shot Put MC
 Girls U15-17 Shot Put MC
 Boys U15-17 Shot Put MC

Finals
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 Finals

3:45pm

Girls U12 1500m Walk
 Boys U12 1500m Walk
 Girls U11 Triple Jump
 Boys U11 Triple Jump
 Girls U16 Javelin
 Boys U16 Javelin
 Girls U17 Javelin
 Boys U17 Javelin

Finals
 Finals
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 Finals
 Finals

4:00pm

Girls U13 1500m Walk
 Boys U13 1500m Walk

Finals
 Finals

4:15pm

Girls U14 1500m Walk
 Boys U14 1500m Walk
 Girls U15 1500m Walk
 Boys U15 1500m Walk
 Girls U16 1500m Walk
 Boys U16 1500m Walk
 Girls U17 1500m Walk
 Boys U17 1500m Walk

Finals
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 Finals

PLEASE NOTE: 7s & 8s Participation Recognition will be conducted at the Southern end of the track (just passed the finish line) at conclusion of their track event - 100m on Sat and 200m on Sun. Athletes to gather in Centre groups

SUNDAY

7:30am

Girls U11 Long Jump
 Boys U11 Long Jump
 Girls U9 Discus
 Boys U9 Discus
 Girls U14 Javelin
 Boys U14 Javelin

Finals
 Finals
 Finals
 Finals
 Finals
 Finals

8:30am

Girls U9 800m
 Boys U9 800m
 Girls U15 Long Jump
 Boys U15 Long Jump

Finals
 Finals
 Finals
 Finals

8:00am

Girls U13 200m Hurdles
 Boys U13 200m Hurdles
 Girls U14 200m Hurdles
 Boys U14 200m Hurdles
 Girls U12 High Jump
 Boys U12 High Jump
 Girls U7 Shot Put
 Boys U7 Shot Put

Finals
 Finals
 Finals
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 Finals
 Finals

8:40am

Girls U10 800m
 Boys U10 800m
 Girls U14 Shot Put
 Boys U14 Shot Put

Finals
 Finals
 Finals
 Finals

8:50am

Girls U11 800m
 Boys U11 800m
 Girls U13 Discus
 Boys U13 Discus

Finals
 Finals
 Finals
 Finals

8:10am

Girls U15 300m Hurdles
 Boys U15 300m Hurdles
 Girls U16 300m Hurdles
 Boys U16 300m Hurdles
 Girls U17 300m Hurdles
 Boys U17 300m Hurdles

Finals
 Finals
 Finals
 Finals
 Finals
 Finals

9:00am

Girls U12 800m
 Boys U12 800m
 Girls U9-10 Long Jump MC
 Boys U9-10 Long Jump MC
 Girls 11-12 Long Jump MC
 Boys 11-12 Long Jump MC
 Girls U13-14 Long Jump MC
 Boys U13-14 Long Jump MC
 Girls U15-17 Long Jump MC
 Boys U15-17 Long Jump MC

Finals
 Finals
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 Finals

8:20am

Girls U9-10 800m MC
 Boys U9-10 800m MC
 Girls 11-12 800m MC
 Boys 11-12 800m MC
 Girls U13-14 800m MC
 Boys U13-14 800m MC
 Girls U15-17 800m MC
 Boys U15-17 800m MC

Finals
 Finals
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 Finals

9:10am

Girls U15 800m
 Boys U15 800m
 Girls U16 800m
 Boys U16 800m
 Girls U17 800m
 Boys U17 800m

Finals
 Finals
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 Finals
 Finals

Events times and or order may be altered once nominations have closed
TRACK EVENTS: *Finals will be run at heat time if there are insufficient athletes to run Heats.*

9:20am			11:10am	
Girls U13 800m	Finals		Girls U8 200m	Finals
Boys U13 800m	Finals		Boys U8 200m	Finals
Girls U8 Long Jump	Finals		Girls U7 200m	Finals
Boys U8 Long Jump	Finals		Boys U7 200m	Finals
9:30am			11:20am - U7& 8s Participation Recognition	
Girls U14 800m	Finals		Girls U11 200m	Heats
Boys U14 800m	Finals		Boys U11 200m	Heats
Girls U12 Shot Put	Finals		Girls U12 200m	Heats
Boys U12 Shot Put	Finals		Boys U12 200m	Heats
9:40am			Girls U14 Long Jump	Finals
Girls U9 70m	Heats		Boys U14 Long Jump	Finals
Boys U9 70m	Heats		11:40am	
Girls U10 70m	Heats		Girls U9 200m	Heats
Boys U10 70m	Heats		Boys U9 200m	Heats
Girls U11 High Jump	Finals		Girls U10 200m	Heats
Boys U11 High Jump	Finals		Boys U10 200m	Heats
10:00am			11:50am	
Girls U7 70m	Finals		Girls U15 200m	Heats
Boys U7 70m	Finals		Boys U15 200m	Heats
Girls U8 70m	Finals		Girls U16 200m	Heats
Boys U8 70m	Finals		Boys U16 200m	Heats
Girls U15 Discus	Finals		Girls U17 200m	Heats
Boys U15 Discus	Finals		Boys U17 200m	Heats
10:10am			Girls U8 Discus	Finals
Girls U13 80m Hurdles	Heats		Boys U8 Discus	Finals
Boys U13 80m Hurdles	Heats		12:00pm	
Girls U14 80m Hurdles	Heats		Girls U11 Shot Put	Finals
10:20am			Boys U11 Shot Put	Finals
Boys U14 90m Hurdles	Heats		12:10pm	
Girls U15 90m Hurdles	Heats		Girls U13 200m	Heats
Girls U16 90m Hurdles	Heats		Boys U13 200m	Heats
Boys U15 100m Hurdles	Heats		12:20pm	
Boys U16 100m Hurdles	Heats		Girls U14 200m	Heats
Girls U17 100m Hurdles	Heats		Boys U14 200m	Heats
10:30am			Girls 11-12 Javelin MC	Finals
Boys U17 110m Hurdles	Heats		Boys 11-12 Javelin MC	Finals
Girls U9 Long Jump	Finals		Girls U13-14 Javelin MC	Finals
Boys U9 Long Jump	Finals		Boys U13-14 Javelin MC	Finals
Girls U10 Shot Put	Finals		Girls U15-17 Javelin MC	Finals
Boys U10 Shot Put	Finals		Boys U15-17 Javelin MC	Finals
11:00am			Girls U17 Triple Jump	Finals
Girls U9-10 200m MC	Finals		Boys U17 Triple Jump	Finals
Boys U9-10 200m MC	Finals		Girls U16 Triple Jump	Finals
Girls 11-12 200m MC	Finals		Boys U16 Triple Jump	Finals
Boys 11-12 200m MC	Finals		12:50pm	
Girls U13-14 200m MC	Finals		Girls U15 Triple Jump	Finals
Boys U13-14 200m MC	Finals		Boys U15 Triple Jump	Finals
Girls U15-17 200m MC	Finals		Girls U13 Javelin	Finals
Boys U15-17 200m MC	Finals		Boys U13 Javelin	Finals
Girls U16 Discus	Finals			
Boys U16 Discus	Finals		1:00pm Lunch & U17 Recognition	
Girls U17 Discus	Finals			
Boys U17 Discus	Finals			

Events times and or order may be altered once nominations have closed
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1:00pm

Girls U9 70m	Finals
Boys U9 70m	Finals
Girls U10 70m	Finals
Boys U10 70m	Finals

1:20pm

Boys U17 110m Hurdles	Finals
Girls U17 100m Hurdles	Finals
Boys U16 100m Hurdles	Finals
Boys U15 100m Hurdles	Finals
Girls U16 90m Hurdles	Finals
Girls U15 90m Hurdles	Finals
Boys U14 90m Hurdles	Finals

1:30pm

Girls U14 80m Hurdles	Finals
Girls U13 80m Hurdles	Finals
Boys U13 80m Hurdles	Finals

1:40pm

Girls U11 Javelin	Finals
Boys U11 Javelin	Finals

1:50pm

Girls U9 200m	Finals
Boys U9 200m	Finals
Girls U10 200m	Finals
Boys U10 200m	Finals
Girls U13 Triple Jump	Finals
Boys U13 Triple Jump	Finals

2:00pm

Girls U12 200m	Finals
Boys U12 200m	Finals

2:10pm

Girls U11 200m	Finals
Boys U11 200m	Finals
Girls U14 200m	Finals
Boys U14 200m	Finals

2:20pm

Girls U15 200m	Finals
Boys U15 200m	Finals
Girls U16 200m	Finals
Boys U16 200m	Finals

2:30pm

Girls U13 200m	Finals
Boys U13 200m	Finals
Girls U17 200m	Finals
Boys U17 200m	Finals

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