

SATURDAY

10:00am

Girls U9 700m Race Walk
Boys U9 700m Race Walk

10:10am

Girls U10 1100m Race Walk
Boys U10 1100m Race Walk
Girls U11 1100m Race Walk
Boys U11 1100m Race Walk

10:25am

Girls U12 1500m Race Walk
Boys U12 1500m Race Walk
Girls U13 1500m Race Walk
Boys U13 1500m Race Walk
Girls U14 1500m Race Walk
Boys U14 1500m Race Walk
Girls U15 1500m Race Walk
Boys U15 1500m Race Walk
Girls U16 1500m Race Walk
Boys U16 1500m Race Walk
Girls U17 1500m Race Walk
Boys U17 1500m Race Walk

10:30am

Girls U8 Long Jump
Boys U8 Long Jump
Girls U11 Discus 500g
Boys U11 Discus 500g
MC U15 - U17 Shot Put

10:45am

Girls U7 Shot Put 1kg
Boys U7 Shot Put 1kg
Girls U10 High Jump 0.85m
Boys U10 High Jump 0.90m

11:00am

Boys U17 110m Hurdles 76cm
Hept. Boys U17 110m Hurdles
Girls U17 100m Hurdles 76cm
Hept. Girls U17 100m Hurdles
Boys U16 100m Hurdles 76cm
Hept. Boys U16 100m Hurdles
Boys U15 100m Hurdles 76cm
Hept. Boys U15 100m Hurdles
Girls U16 90m Hurdles 76cm
Hept. Girls U16 90m Hurdles
Girls U15 90m Hurdles 76cm
Hept. Girls U15 90m Hurdles
Boys U14 90m Hurdles 76cm
Girls U14 80m Hurdles 76cm
Boys U13 80m Hurdles 76cm
Girls U13 80m Hurdles 76cm

11:20am

Girls U12 100m
Boys U12 100m
Girls U9 100m
Boys U9 100m

11:35am

Girls U15 Shot Put 3kg
Hept. Girls U15 Shot Put
Boys U15 Shot Put 4kg
Girls U16 Shot Put 3kg
Hept. Girls U16 Shot Put
Boys U16 Shot Put 4kg
Girls U17 Shot Put 3kg
Hept. Girls U17 Shot Put
Boys U17 Shot Put 5kg
MC U15 - U17 Shot Put

11:50am

Girls U7 100m
Boys U7 100m
Girls U8 100m
Boys U8 100m
Girls U13 100m
Boys U13 100m
Girls U11 100m
Boys U11 100m
Girls U12 Discus 750g
Boys U12 Discus 750g
Girls U14 Triple Jump
Boys U14 Triple Jump

12:20pm

Girls U8 Shot Put 1.5kg
Boys U8 Shot Put 1.5kg

12:25pm

Girls U7 Long Jump
Boys U7 Long Jump

12:30pm

Girls U15 100m
Boys U15 100m
Hept. Boys U15 100m
Girls U16 100m
Boys U16 100m
Hept. Boys U16 100m
Girls U17 100m
Boys U17 100m
Hept. Boys U17 100m
Girls U14 100m
Boys U14 100m
Girls U10 100m
Boys U10 100m
MC 100
Girls U13 High Jump 1.15m
Boys U13 High Jump 1.20m

12:45pm

Boys U9 Discus 500g
MC U9-10 Discus

**Tiny Tots & U6
Activation Program**

12:30 - 1:15pm

1:30pm

Welcome & Athlete March Past

2:10pm

U13- U17 4 x 100 Relays
U11 & U12 4 x 100m Relays
U9 & U10 4 x 100m Relays
U7 & U8s 4 x70m Relays

2:30pm

Girls U17 300m Hurdles 76cm
Boys U17 300m Hurdles 76cm
Girls U16 300m Hurdles 76cm
Boys U16 300m Hurdles 76cm
Girls U15 300m Hurdles 76cm
Boys U15 300m Hurdles 76cm
Girls U14 200m Hurdles 76cm
Boys U14 200m Hurdles 76cm
Girls U13 200m Hurdles 68cm
Boys U13 200m Hurdles 68cm
Girls U9 Discus 500g
Girls U11 Shot Put 2kg
Boys U11 Shot Put 2kg
MC U11 - U12 Shot Put
Girls U12 Long Jump
Boys U12 Long Jump

2:40pm

Girls U16 High Jump 1.30m
Hept. Girls U16 High Jump
Boys U16 High Jump 1.35m
Hept. Boys U16 High Jump
Girls U17 High Jump 1.30m
Hept. Girls U17 High Jump
Boys U17 High Jump 1.35m
Hept. Boys U17 High Jump

2:45pm

Girls U7 70m
Boys U7 70m
Girls U8 70m
Boys U8 70m

3:00pm

Girls U10 Discus 500g
Boys U10 Discus 500g

3:10pm

Girls U9 400m
Boys U9 400m
Girls U14 400m
Boys U14 400m
Girls U12 400m
Boys U12 400m
MC 100

3:25pm

Girls U9 High Jump 0.75m
Boys U9 High Jump 0.80m

3:30pm

Girls U15 Triple Jump
Boys U15 Triple Jump

3:35pm

Girls U13 Shot Put 3kg
Boys U13 Shot Put 3kg

3:50pm

Girls U11 400m
Boys U11 400m
Girls U13 400m
Boys U13 400m
Girls U10 400m
Boys U10 400m
Girls U14 Long Jump
Boys U14 Long Jump

4:00pm

Girls U15 Discus 1kg
Boys U15 Discus 1kg
Hept. Boys U15 Discus
Girls U16 Discus 1kg
Boys U16 Discus 1kg
Hept. Boys U16 Discus
Girls U17 Discus 1kg
Boys U17 Discus 1.5kg
Hept. Boys U17 Discus
MC U15 - U17 Discus

4:10pm

Girls U12 Shot Put 2kg
Boys U12 Shot Put 2kg

4:25pm

Girls U13 Triple Jump
Boys U13 Triple Jump

4:30pm

Girls U15 400m
Boys U15 400m
Girls U16 400m
Boys U16 400m
Girls U17 400m
Boys U17 400m

4:50pm

Hept. Girls U15 200m
Hept. Girls U16 200m
Hept. Girls U17 200m

4:55pm

Girls 100m H'CAP Gift Race
Boys 100m H'CAP Gift Race

5:00pm

Girls U15 High Jump 1.25m
Hept. Girls U15 High Jump
Boys U15 High Jump 1.30m
Hept. Boys U15 High Jump

5:05pm

Girls U11 Long Jump
Boys U11 Long Jump
MC U11-12 Long Jump

5:10pm

Girls U13 Discus 750g
Boys U13 Discus 750g
Girls U14 Discus 1kg
Boys U14 Discus 1kg
MC U13 - 14 Discus

5:15pm

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

5:40pm

Girls U13 1500m
Boys U13 1500m
Girls U14 1500m
Boys U14 1500m
Girls U15 1500m
Boys U15 1500m
Girls U16 1500m
Boys U16 1500m
Girls U17 1500m
Boys U17 1500m
Girls U11 1500m
Boys U11 1500m
Girls U12 1500m
Boys U12 1500m

5:50pm

Girls U16 Triple Jump
Boys U16 Triple Jump
Girls U17 Triple Jump
Boys U17 Triple Jump

SUNDAY

8:00am

Girls U12 80m Hurdles 68cm
Boys U12 80m Hurdles 68cm
Girls U11 80m Hurdles 60cm
Boys U11 80m Hurdles 60cm
Girls U7 Discus 350g
Boys U7 Discus 350g
Girls U10 Shot Put 2kg
Boys U10 Shot Put 2kg
Girls U14 Javelin 400g
Boys U14 Javelin 600g
Girls U15 Long Jump
Hept. Girls U15 Long Jump
Boys U15 Long Jump
Hept. Boys U15 Long Jump

8:15am

Girls U11 High Jump 0.95m
Boys U11 High Jump 1.00m

8:20am

Girls U10 60m Hurdles 60cm
Boys U10 60m Hurdles 60cm
Girls U9 60m Hurdles 45cm
Boys U9 60m Hurdles 45cm
Girls U8 60m Hurdles 45cm
Boys U8 60m Hurdles 45cm

8:35am

Girls U16 Javelin 500g
Hept. Girls U16 Javelin
Boys U16 Javelin 700g
Hept. Boys U16 Javelin
Girls U17 Javelin 500g
Hept. Girls U17 Javelin
Boys U17 Javelin 700g
Hept. Boys U17 Javelin
MC U15-17 Javelin

8:40am

Girls U12 Triple Jump
Boys U12 Triple Jump

9:00am

MC 200
Girls U9 200m
Boys U9 200m
Girls U10 200m
Boys U10 200m
Girls U12 200m
Boys U12 200m
Girls U15 Javelin 500g
Hept. Girls U15 Javelin
Boys U15 Javelin 700g
Hept. Boys U15 Javelin
Girls U14 Shot Put 3kg
Boys U14 Shot Put 3kg
MC U13 - U14 Shot Put

9:20am

Girls U13 Long Jump
Boys U13 Long Jump
MC U13-14 Long Jump
Girls U9 Shot Put 2kg
Boys U9 Shot Put 2kg
MC U9-10 Shot Put

9:30am

Girls U15 200m
Boys U15 200m
Girls U16 200m
Boys U16 200m
Girls U17 200m
Boys U17 200m
Girls U14 200m
Boys U14 200m

9:35am

Girls U10 Long Jump
Boys U10 Long Jump
MC U9 - 10 Long Jump
Girls U12 Javelin 400g
Boys U12 Javelin 400g

9:45am

Girls U13 200m
Boys U13 200m
Girls U11 200m
Boys U11 200m
Girls U8 200m
Boys U8 200m
Girls U7 200m
Boys U7 200m

10:00am

Girls U14 High Jump 1.20m
Boys U14 High Jump 1.25m

10:25am

Girls U16 Long Jump
Hept. Girls U16 Long Jump
Boys U16 Long Jump
Hept. Boys U16 Long Jump
Girls U17 Long Jump
Hept. Girls U17 Long Jump
Boys U17 Long Jump
Hept. Boys U17 Long Jump

10:30am

Girls U13 Javelin 400g
Boys U13 Javelin 600g
MC U13-14 Javelin

10:35am

Girls U12 High Jump 1.05m
Boys U12 High Jump 1.10m

10:40am

Girls U8 Discus 500g
Boys U8 Discus 500g

10:45am

Girls U9 800m
Boys U9 800m
Girls U11 800m
Boys U11 800m
MC U9-10 800m

10:50am

Girls U9 Long Jump
Boys U9 Long Jump

11:00am

Girls U13 800m
Boys U13 800m
Girls U14 800m
Boys U14 800m
Girls U15 800m
Hept. Girls U15 800m
Boys U15 800m
Hept. Boys U15 800m
Girls U16 800m
Hept. Girls U16 800m
Boys U16 800m
Hept. Boys U16 800m
Girls U17 800m
Hept. Girls U17 800m
Boys U17 800m
Hept. Boys U17 800m
MC 800

11:10am

Girls U11 Triple Jump
Boys U11 Triple Jump

11:20am

Girls U12 800m
Boys U12 800m
Girls U10 800m
Boys U10 800m

11:30am

Girls U11 Javelin 400g
Boys U11 Javelin 400g
MC U11-12 Javelin