

TIMETABLE TRACK EVENTS

1	12:00	80m Hurdles	U16 Boys
2	12:12	75m Hurdles	U16 Girls
3	12:24	75m Hurdles	U14 Boys
4	12:36	70m Hurdles	U14 Girls
5	12:48	1500m	U14 Girls
6	12:58	1500m	U14 Boys
7	13:08	1500m	U16 Girls
8	13:18	1500m	U16 Boys
9	13:28	200m	U14 Girls
10	13:36	200m	U14 Boys
11	13:44	200m	U16 Girls
12	13:52	200m	U16 Boys
13	14:00	300m	U14 Girls
14	14:08	300m	U14 Boys
15	14:16	300m	U16 Girls
16	14:24	300m	U16 Boys
17	14:32	100m	U14 Girls
18	14:40	100m	U14 Boys
19	14:48	100m	U16 Girls
20	14:56	100m	U16 Boys
21	15:05	800m	U14 Girls
22	15:15	800m	U14 Boys
23	15:25	800m	U16 Girls
24	15:35	800m	U16 Boys

15.45 Short break to allow recovery before relay events.

25	16:00	Relay	U14 Girls
26	16:10	Relay	U16 Girls
27	16:20	Relay	U16 Boys
28	16:30	Relay	U14 Boys

In track events, except the 1500 metres, the Cup Final heat will be held before the Plate Final heat. In the 1500m events, all sixteen athletes will run together.

FIELD EVENTS

Time	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT	DISCUS	JAVELIN
12.00	U14 Boys (29)		U16 Boys (30)	U16 Girls [3kg] (31)	U16 Boys [1.25 kg] (32)	U14 Girls [400 g] (33)
13.00	U16 Girls (34)	U16 Boys (35)	U14 Girls (36)	U14 Girls [2.72 kg] (37)	U16 Girls [1 kg] (38)	U14 Boys [400 g] (39)
14.00	U14 Girls (40)	U16 Girls (41)	U16 Girls (42)	U14 Boys [3kg] (43)	U14 Girls [0.75 kg] (44)	U16 Boys [600 g] (45)
15.00	U16 Boys (46)		U14 Boys (47)	U16 Boys [4 kg] (48)	U14 Boys [1 kg] (49)	U16 Girls [500 g] (50)