

TRACK EVENTS							
Saturday 11th June 2022							
Event No	Reg Close	Call Room In	Call Room Out	Time	Age Group	Event	Round
T01-1	10:00 AM	11:10 AM	11:20 AM	11:30 AM	Senior Men	400m Hurdles	Straight Final
T02-1	10:15 AM	11:25 AM	11:35 AM	11:45 AM	Senior Women	400m Hurdles	Straight Final
T03-1	10:30 AM	11:40 AM	11:50 AM	12:00 PM	U15 Boys	800m	Heats
T04-1	10:40 AM	11:50 AM	12:00 PM	12:10 PM	U15 Girls	800m	Heats
T05-1	10:50 AM	12:00 PM	12:10 PM	12:20 PM	Senior Women	800m	Heats
T06-1	11:00 AM	12:10 PM	12:20 PM	12:30 PM	Senior Men	800m	Heats
T07-1	11:15 AM	12:25 PM	12:35 PM	12:45 PM	U15 Girls	200m	Heats
T08-1	11:35 AM	12:45 PM	12:55 PM	1:05 PM	U15 Boys	200m	Heats
T09-1	11:45 AM	12:55 PM	1:05 PM	1:15 PM	Senior Women	200m	Heats
T10-1	12:00 PM	1:10 PM	1:20 PM	1:30 PM	Senior Men	200m	Heats
T11-1	12:25 PM	1:35 PM	1:45 PM	1:55 PM	Senior Women	100m Hurdles	Heats
T12-1	12:45 PM	1:55 PM	2:05 PM	2:15 PM	Senior Men	110m Hurdles	Straight Final
T13-1	1:00 PM	2:10 PM	2:20 PM	2:30 PM	U15 Boys	80m Hurdles	Straight Final
T14-1	1:15 PM	2:25 PM	2:35 PM	2:45 PM	U15 Girls	75m Hurdles	Straight Final
T11-2		2:40 PM	2:50 PM	3:00 PM	Senior Women	100m Hdl	Final
T07-2		3:00 PM	3:10 PM	3:20 PM	U15 Girls	200m	Final
T08-2		3:05 PM	3:15 PM	3:25 PM	U15 Boys	200m	Final
T09-2		3:10 PM	3:20 PM	3:30 PM	Senior Women	200m	Final
T10-2-1		3:15 PM	3:25 PM	3:35 PM	Senior Men	200m	B Final
T10-2-2		3:20 PM	3:30 PM	3:40 PM	Senior Men	200m	A Final
T03-2		3:40 PM	3:50 PM	4:00 PM	U15 Boys	800m	Final
T04-2		3:45 PM	3:55 PM	4:05 PM	U15 Girls	800m	Final
T05-2		3:50 PM	4:00 PM	4:10 PM	Senior Women	800m	Final
T06-2		3:55 PM	4:05 PM	4:15 PM	Senior Men	800m	Final

FIELD EVENTS							
Saturday 11th June 2022							
Event No	Reg Close	Call Room In	Call Room Out	Time	Age Group	Event	
F01	10:15 AM	10:50 AM	11:05 AM	11:45 AM	U15 Boys	Pole Vault	
F02	10:30 AM	11:15 AM	11:30 AM	12:00 PM	U15 Girls	Hammer	
F03	10:30 AM	11:15 AM	11:30 AM	12:00 PM	U15 Boys	Hammer	
F04	10:30 AM	11:05 AM	11:20 AM	12:00 PM	U15 Girls	High Jump	
F05	10:15 AM	11:00 AM	11:15 AM	11:45 AM	U15 Boys	Shot Put	
F06	11:45 AM	12:15 PM	12:30 PM	1:15 PM	Senior Men	Triple Jump	
F07	11:45 AM	12:15 PM	12:30 PM	1:15 PM	Senior Women	Triple Jump	
F08	11:50 AM	12:25 PM	12:40 PM	1:20 PM	Senior Men	Discus	
F09	1:00 PM	12:18 PM	12:33 PM	1:40 PM	Senior Women	Javelin	
F10	1:00 PM	12:18 PM	12:33 PM	1:40 PM	U15 Girls	Javelin	
F11	1:00 PM	1:05 PM	1:20 PM	2:30 PM	Senior Men	Pole Vault	
F12	1:45 PM	2:15 PM	2:30 PM	3:15 PM	U15 Girls	Long Jump	
F13	1:00 PM	2:15 PM	2:30 PM	3:00 PM	U15 Boys	Discus	
F14	1:30 PM	2:05 PM	2:20 PM	3:00 PM	Senior Women	High Jump	
F15	12:10 PM	2:45 PM	3:00 PM	3:30 PM	Senior Men	Shot Put	

NEW START TIME FOR U15B SHOT ATHLETES ONLY

Start Lists, & Results, scan the QR
code



Sunday 12th June 2022							
Event No	Reg Close	Call Room In	Call Room Out	Time	Age Group	Event	Round
T15-1	9:30 AM	10:40 AM	10:50 AM	11:00 AM	Senior Men & Women	10K Walk	Straight Final
T16-1	10:30 AM	11:40 AM	11:50 AM	12:00 PM	Senior Women	400m	Heats
T17-1	10:40 AM	11:50 AM	12:00 PM	12:10 PM	Senior Men	400m	Heats
T18-1	11:00 AM	12:10 PM	12:20 PM	12:30 PM	Senior Men	1500m	heats
T19-1	11:15 AM	12:25 PM	12:35 PM	12:45 PM	U15 Boys	1500m	Heats
T20-1	11:30 AM	12:40 PM	12:50 PM	1:00 PM	U15 Girls	1500m	Heats
T21-1	11:45 AM	12:55 PM	1:05 PM	1:15 PM	U15 Boys	300m	Heats
T22-1	11:55 AM	1:05 PM	1:15 PM	1:25 PM	U15 Girls	300m	Heats
T23-1	12:10 PM	1:20 PM	1:30 PM	1:40 PM	U15 Girls	100m	Heats
T24-1	12:30 PM	1:40 PM	1:50 PM	2:00 PM	U15 Boys	100m	Heats
T25-1	12:45 PM	1:55 PM	2:05 PM	2:15 PM	Senior Men	100m	Heats
T26-1	1:20 PM	2:30 PM	2:40 PM	2:50 PM	Senior Women	100m	Heats
T21-2		3:00 PM	3:10 PM	3:20 PM	U15 Boys	300m	Final
T22-2		3:05 PM	3:15 PM	3:25 PM	U15 Girls	300m	Final
T16-2		3:10 PM	3:20 PM	3:30 PM	Senior Women	400m	Final
T17-2		3:15 PM	3:25 PM	3:35 PM	Senior Men	400m	Final
T19-2		3:20 PM	3:30 PM	3:40 PM	U15 Boys	1500m	Final
T20-2		3:30 PM	3:40 PM	3:50 PM	U15 Girls	1500m	Final
T27-1	2:30 PM	3:40 PM	3:50 PM	4:00 PM	Senior Women	1500m	Straight Final
T18-2	2:40 PM	3:50 PM	4:00 PM	4:10 PM	Senior Men	1500m	Final
T28-1	2:50 PM	4:00 PM	4:10 PM	4:20 PM	U15 Girls	3000m	Straight Final
T29-1	3:05 PM	4:15 PM	4:25 PM	4:35 PM	U15 Boys	3000m	Straight Final
T23-2		4:25 PM	4:35 PM	4:45 PM	U15 Girls	100m	Final
T24-2		4:30 PM	4:40 PM	4:50 PM	U15 Boys	100m	Final
T30-1		4:35 PM	4:45 PM	4:55 PM	DSW Para	100m	Final
T25-2-1		4:40 PM	4:50 PM	5:00 PM	Senior Men	100m	B Final
T26-2-1		4:45 PM	4:55 PM	5:05 PM	Senior Women	100m	B Final
T26-2-2		4:50 PM	5:00 PM	5:10 PM	Senior Women	100m	A Final
T25-2-2		4:55 PM	5:05 PM	5:15 PM	Senior Men	100m	A Final

Sunday 12th June 2022							
Event No	Reg Close	Call Room In	Call Room Out	Time	Age Group	Event	Round
F16	10:00 AM	10:37 AM	10:52 AM	11:30 AM	Senior Women	Hammer	
F17	10:00 AM	10:37 AM	10:52 AM	11:30 AM	Senior Men	Hammer	
F18	10:00 AM	10:41 AM	10:56 AM	11:30 AM	U15 Boys	High Jump	
F19	10:00 AM	10:29 AM	10:44 AM	11:30 AM	U15 Girls	Pole Vault	
F20	10:00 AM	10:31 AM	10:46 AM	11:30 AM	Senior Women	Long Jump	
F21	11:30 AM	11:57 AM	12:12 PM	1:00 PM	Senior Men	Javelin	
F22	11:30 AM	11:57 AM	12:12 PM	1:00 PM	U15 Boys	Javelin	
F23	11:55 AM	12:51 PM	1:06 PM	1:25 PM	U15B & U15G	Triple Jump	
F24	12:00 PM	12:55 PM	1:10 PM	1:30 PM	U15 Girls	Shot Put	
F25	12:15 PM	12:12 PM	12:27 PM	1:45 PM	Senior Women	Pole Vault	
F26	12:25 PM	1:16 PM	1:31 PM	1:55 PM	Senior Women	Discus	
F27	1:20 PM	1:47 PM	2:02 PM	2:50 PM	Senior Men	Long Jump	
F28	1:45 PM	2:06 PM	2:21 PM	3:15 PM	Senior Men	High Jump	
F29	1:55 PM	2:42 PM	2:57 PM	3:25 PM	Senior Women	Shot Put	
F30	2:00 PM	2:38 PM	2:53 PM	3:30 PM	U15 Girls	Discus	
F31	2:45 PM	3:30 PM	3:45 PM	4:15 PM	U15 Boys	Long Jump	

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