

Senior Events from 7.30 pm													
Time	Age	Time	Week	Time	Week	Time	Week	Time	Week	Time	Week	Time	Week
		Wk 1	one	Wk 2	Two	Wk 3	Three	Wk 4	Four	Wk 5	Five	Wk 6	Six
Senior Event 1													
Event 1 7:30pm Start	U/13 F	19:30	Javelin	19:30	Shot Put	19:30	Discus	19:30	Javelin	19:30	Shot Put	19:30	Discus
	U/13 M	19:30	High Jump	19:30	Triple Jump	19:30	Long Jump	19:30	High Jump	19:30	Triple Jump	19:30	Long Jump
	U/14 F	19:30	Shot Put	19:30	Discus	19:30	Javelin	19:30	Shot Put	19:30	Discus	19:30	Javelin
	U/14 M	19:30	Triple Jump	19:30	Long Jump	19:30	High Jump	19:30	Triple Jump	19:30	Long Jump	19:30	High Jump
	U/15 F	19:38	100m	19:38	100m	19:38	200m	19:38	100m	19:38	100m	19:38	200m
	U/15 M	19:38	100m	19:38	100m	19:38	200m	19:38	100m	19:38	100m	19:38	200m
	U/17 F	19:30	100m	19:30	100m	19:30	200m	19:30	100m	19:30	100m	19:30	200m
	U/17 M	19:30	100m	19:30	100m	19:30	200m	19:30	100m	19:30	100m	19:30	200m
	Seniors F	19:30	100m	19:30	100m	19:30	200m	19:30	100m	19:30	100m	19:30	200m
	Seniors M	19:30	100m	19:30	100m	19:30	200m	19:30	100m	19:30	100m	19:30	200m
Senior Event 2													
Event 2 7:40pm Start	U/13 F	19:53	100m	19:53	100m	19:53	200m	19:53	100m	19:53	100m	19:53	200m
	U/13 M	19:51	100m	19:51	100m	19:51	200m	19:51	100m	19:51	100m	19:51	200m
	U/14 F	19:49	100m	19:49	100m	19:49	200m	19:49	100m	19:49	100m	19:49	200m
	U/14 M	19:47	100m	19:47	100m	19:47	200m	19:47	100m	19:47	100m	19:47	200m
	U/15 F	19:40	Discus	19:40	Javelin	19:40	Shot Put	19:40	Discus	19:40	Javelin	19:40	Shot Put
	U/15 M	19:40	Discus	19:40	Javelin	19:40	Shot Put	19:40	Discus	19:40	Javelin	19:40	Shot Put
	U/17 F	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump
	U/17 M	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump
	Seniors F	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump
	Seniors M	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump	19:40	Long Jump	19:40	High Jump	19:40	Triple Jump
Senior Event 3													
Event 3 7:55pm Start	U/13 F	19:55	High Jump	19:55	Triple Jump	19:55	Long Jump	19:55	High Jump	19:55	Triple Jump	19:55	Long Jump
	U/13 M	19:55	Javelin	19:55	Shot Put	19:55	Discus	19:55	Javelin	19:55	Shot Put	19:55	Discus
	U/14 F	19:55	Triple Jump	19:55	Long Jump	19:55	High Jump	19:55	Triple Jump	19:55	Long Jump	19:55	High Jump
	U/14 M	19:55	Shot Put	19:55	Discus	19:55	Javelin	19:55	Shot Put	19:55	Discus	19:55	Javelin
	U/15 F	20:03	400m	20:03	600m	20:03	800m	20:03	400m	20:03	600m	20:03	800m
	U/15 M	20:03	400m	20:03	600m	20:03	800m	20:03	400m	20:03	600m	20:03	800m
	U/17 F	19:55	400m	19:55	600m	19:55	800m	19:55	400m	19:55	600m	19:55	800m
	U/17 M	19:55	400m	19:55	600m	19:55	800m	19:55	400m	19:55	600m	19:55	800m
	Seniors F	19:55	400m	19:55	600m	19:55	800m	19:55	400m	19:55	600m	19:55	800m
	Seniors M	19:55	400m	19:55	600m	19:55	800m	19:55	400m	19:55	600m	19:55	800m
Senior Event 4													
Event 4 8:05pm Start	U/13 F	20:28	400m	20:28	600m	20:28	800m	20:28	400m	20:28	600m	20:28	800m
	U/13 M	20:26	400m	20:26	600m	20:26	800m	20:26	400m	20:26	600m	20:26	800m
	U/14 F	20:24	400m	20:24	600m	20:24	800m	20:24	400m	20:24	600m	20:24	800m
	U/14 M	20:22	400m	20:22	600m	20:22	800m	20:22	400m	20:22	600m	20:22	800m
	U/15 F	20:05	Long Jump	20:05	High Jump	20:05	Triple Jump	20:05	Long Jump	20:05	High Jump	20:05	Triple Jump
	U/15 M	20:05	Long Jump	20:05	High Jump	20:05	Triple Jump	20:05	Long Jump	20:05	High Jump	20:05	Triple Jump
	U/17 F	20:05	Discus	20:05	Javelin	20:05	Shot Put	20:05	Discus	20:05	Javelin	20:05	Shot Put
	U/17 M	20:05	Discus	20:05	Javelin	20:05	Shot Put	20:05	Discus	20:05	Javelin	20:05	Shot Put
	Seniors F	20:05	Discus	20:05	Javelin	20:05	Shot Put	20:05	Discus	20:05	Javelin	20:05	Shot Put
	Seniors M	20:05	Discus	20:05	Javelin	20:05	Shot Put	20:05	Discus	20:05	Javelin	20:05	Shot Put
Senior Event 5													
Event 5 8:30pm start	Open Seeded Event	20:30	60m	20:30	145m	20:30	60m	20:30	60m	20:30	145m	20:30	60m
Senior Event 6													
Event 6 8:40pm start	U/13 F	20:40	1500m or 80m H 9 x	20:40	3000m or 200m H 5 x	20:40	1500m Walk or Steeple Low	20:40	1500m or 80m H 9 x	20:40	3000m or 200m H 5 x 68cm	20:40	1500m Walk
	U/13 M	20:42	1500m or 80m H 9 x	20:42	3000m or 200m H 5 x	20:42	1500m Walk or Steeple Low	20:42	1500m or 80m H 9 x	20:42	3000m or 200m H 5 x 68cm	20:42	1500m Walk
	U/14 F	20:44	1500m or 80m H 9 x	20:44	3000m or 200m H 5 x	20:44	1500m Walk or Steeple Low	20:44	1500m or 80m H 9 x	20:44	3000m or 200m H 5 x	20:44	1500m Walk
	U/14 M	20:46	1500m or 90m H 9 x	20:46	3000m or 200m H 5 x	20:46	1500m Walk or Steeple Low	20:46	1500m or 90m H 9 x	20:46	3000m or 200m H 5 x	20:46	1500m Walk
	U/15 to U/16 F	20:48	1500m or 90m H 10 x	20:48	3000m or 200m H 10 x	20:48	1500m Walk or Steeple Low	20:48	1500m or 90m H 9 x	20:48	3000m or 200m H 10 x	20:48	1500m Walk
	U/15 M	20:48	1500m or 100m H 10 x	20:48	3000m or 200m H 10 x	20:48	1500m Walk or Steeple Low	20:48	1500m or 100m H 10 x	20:48	3000m or 200m H 10 x	20:48	1500m Walk
	U/17 to U/18 F	20:50	1500m or 100m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 100m H 10 x	20:50	3000m or 300m H 10 x	20:50	1500m Walk or Steeple High
	U/16 M	20:50	1500m or 100m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 100m H 10 x	20:50	3000m or 300m H 10 x	20:50	1500m Walk or Steeple High
	U/20 to Open F	20:50	1500m or 100m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 100m H 10 x	20:50	3000m or 400m H 10 x	20:50	1500m Walk or Steeple High
	U/17 to U/18 M	20:50	1500m or 110m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 110m H 10 x	20:50	3000m or 400m H 10 x	20:50	1500m Walk or Steeple High
	U/20 yrs M	20:50	1500m or 110m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 110m H 10 x	20:50	3000m or 400m H 10 x	20:50	1500m Walk or Steeple High
	Open M	20:50	1500m or 110m H 10 x	20:50	3000m or 200m H 10 x	20:50	1500m Walk or Steeple Low	20:50	1500m or 110m H 10 x	20:50	3000m or 400m H 10 x	20:50	1500m Walk or Steeple High
Finish 9.00pm													