

TIMELINE		
Age	Time	Week
	Wk 3	Three
U/13 F	7:30:00 PM	60m Seeded or 1500m Walk
U/13 M	7:30:00 PM	60m Seeded or 1500m Walk
U/14 F	7:30:00 PM	60m Seeded or 1500m Walk
U/14 M	7:30:00 PM	60m Seeded or 1500m Walk
U/15 M	7:30:00 PM	60m Seeded or 1500m Walk
U/17 to U/18 F	7:30:00 PM	60m Seeded or 1500m Walk
U/16 M	7:30:00 PM	60m Seeded or 1500m Walk
U/20 to Open F	7:30:00 PM	60m Seeded or 1500m Walk
Open M	7:30:00 PM	60m Seeded or 1500m Walk
U/17 to U/18 M	7:30:00 PM	60m Seeded or 1500m Walk
U/20 yrs M	7:30:00 PM	60m Seeded or 1500m Walk
U/15 to U/16 F	7:30:00 PM	60m Seeded or 1500m Walk
U/13 F	7:40:00 PM	Discus
U/14 M	7:40:00 PM	High Jump
U/14 F	7:40:00 PM	Javelin
U/13 M	7:40:00 PM	Long Jump
U/15 F	7:40:00 PM	Shot Put
U/15 M	7:40:00 PM	Shot Put
U/17 F	7:40:00 PM	Triple Jump
U/17 M	7:40:00 PM	Triple Jump
Seniors F	7:40:00 PM	Triple Jump
Seniors M	7:40:00 PM	Triple Jump
U/17 F	7:50:00 PM	800m Seeded
U/17 M	7:50:00 PM	800m Seeded
Seniors F	7:50:00 PM	800m Seeded
Seniors M	7:50:00 PM	800m Seeded
U/15 F	7:55:00 PM	800m
U/15 M	7:55:00 PM	800m
U/14 F	8:00:00 PM	800m
U/14 M	8:00:00 PM	800m
U/13 F	8:05:00 PM	800m
U/13 M	8:05:00 PM	800m
U/17 F	8:15:00 PM	200m Seeded
U/17 M	8:15:00 PM	200m Seeded
Seniors F	8:15:00 PM	200m Seeded
Seniors M	8:15:00 PM	200m Seeded
U/13 M	8:15:00 PM	Discus
U/14 F	8:15:00 PM	High Jump
U/14 M	8:15:00 PM	Javelin
U/13 F	8:15:00 PM	Long Jump
U/17 F	8:15:00 PM	Shot Put
U/17 M	8:15:00 PM	Shot Put
Seniors F	8:15:00 PM	Shot Put
Seniors M	8:15:00 PM	Shot Put
U/15 F	8:15:00 PM	Triple Jump
U/15 M	8:15:00 PM	Triple Jump
U/15 F	8:20:00 PM	200m
U/15 M	8:20:00 PM	200m
U/14 F	8:25:00 PM	200m
U/14 M	8:25:00 PM	200m
U/13 F	8:30:00 PM	200m
U/13 M	8:30:00 PM	200m
Open Seeded Event	8:40:00 PM	Steeple Chase