

| TIMELINE | | | |
|-------------------|------------|-----------------|--------------|
| Age | Time | Week | |
| | | Wk 4 | Four |
| U/13 F | 7:30:00 PM | 1500m or 080m H | 9 x 76.2cm |
| U/13 M | 7:30:00 PM | 1500m or 080m H | 9 x 76.2cm |
| U/14 F | 7:30:00 PM | 1500m or 080m H | 9 x 76.2cm |
| U/14 M | 7:30:00 PM | 1500m or 090m H | 9 x 76.2cm |
| U/15 to U/16 F | 7:30:00 PM | 1500m or 090m H | 9 x 76.2cm |
| U/15 M | 7:30:00 PM | 1500m or 100m H | 10 x 76.2cm |
| U/17 to U/18 F | 7:30:00 PM | 1500m or 100m H | 10 x 76.2cm |
| U/16 M | 7:30:00 PM | 1500m or 100m H | 10 x 84cm |
| U/20 to Open F | 7:30:00 PM | 1500m or 100m H | 10 x 84cm |
| Open M | 7:30:00 PM | 1500m or 110m H | 10 x 106.7cm |
| U/17 to U/18 M | 7:30:00 PM | 1500m or 110m H | 10 x 91.4cm |
| U/20 yrs M | 7:30:00 PM | 1500m or 110m H | 10 x 99.1cm |
| U/15 F | 7:40:00 PM | Discus | |
| U/15 M | 7:40:00 PM | Discus | |
| U/13 M | 7:40:00 PM | High Jump | |
| U/13 F | 7:40:00 PM | Javelin | |
| U/17 F | 7:40:00 PM | Long Jump | |
| U/17 M | 7:40:00 PM | Long Jump | |
| Seniors F | 7:40:00 PM | Long Jump | |
| Seniors M | 7:40:00 PM | Long Jump | |
| U/14 F | 7:40:00 PM | Shot Put | |
| U/14 M | 7:40:00 PM | Triple Jump | |
| U/17 F | 7:50:00 PM | 100m Seeded | |
| U/17 M | 7:50:00 PM | 100m Seeded | |
| Seniors F | 7:50:00 PM | 100m Seeded | |
| Seniors M | 7:50:00 PM | 100m Seeded | |
| U/15 F | 7:55:00 PM | 100m | |
| U/15 M | 7:55:00 PM | 100m | |
| U/14 F | 8:00:00 PM | 100m | |
| U/14 M | 8:00:00 PM | 100m | |
| U/13 F | 8:05:00 PM | 100m | |
| U/13 M | 8:05:00 PM | 100m | |
| U/17 F | 8:15:00 PM | 400m Seeded | |
| U/17 M | 8:15:00 PM | 400m Seeded | |
| Seniors F | 8:15:00 PM | 400m Seeded | |
| Seniors M | 8:15:00 PM | 400m Seeded | |
| U/17 F | 8:15:00 PM | Discus | |
| U/17 M | 8:15:00 PM | Discus | |
| Seniors F | 8:15:00 PM | Discus | |
| Seniors M | 8:15:00 PM | Discus | |
| U/13 F | 8:15:00 PM | High Jump | |
| U/13 M | 8:15:00 PM | Javelin | |
| U/15 F | 8:15:00 PM | Long Jump | |
| U/15 M | 8:15:00 PM | Long Jump | |
| U/14 M | 8:15:00 PM | Shot Put | |
| U/14 F | 8:15:00 PM | Triple Jump | |
| U/15 F | 8:20:00 PM | 400m | |
| U/15 M | 8:20:00 PM | 400m | |
| U/14 F | 8:25:00 PM | 400m | |
| U/14 M | 8:25:00 PM | 400m | |
| U/13 F | 8:30:00 PM | 400m | |
| U/13 M | 8:30:00 PM | 400m | |
| Open Seeded Event | 8:40:00 PM | 60m Seeded | |