

TIMELINE			
Age	Time	Week	
		Wk 5	Five
U/13 F	7:30:00 PM	3000m or 200m H	5 x 68cm
U/13 M	7:30:00 PM	3000m or 200m H	5 x 68cm
U/14 F	7:30:00 PM	3000m or 200m H	5 x 76.2cm
U/14 M	7:30:00 PM	3000m or 200m H	5 x 76.2cm
U/15 to U/16 F	7:30:00 PM	3000m or 200m H	10 x 76.2cm
U/15 M	7:30:00 PM	3000m or 200m H	10 x 76.2cm
U/17 to U/18 F	7:30:00 PM	3000m or 300m H	10 x 76.2cm
U/16 M	7:30:00 PM	3000m or 300m H	10 x 76.2cm
U/20 to Open F	7:30:00 PM	3000m or 400m H	10 x 76.2cm
U/17 to U/18 M	7:30:00 PM	3000m or 400m H	10 x 84cm
Open M	7:30:00 PM	3000m or 400m H	10 x 91.4cm
U/20 yrs M	7:30:00 PM	3000m or 400m H	10 x 91.4cm
U/14 F	7:40:00 PM	Discus	
U/17 F	7:40:00 PM	High Jump	
U/17 M	7:40:00 PM	High Jump	
Seniors F	7:40:00 PM	High Jump	
Seniors M	7:40:00 PM	High Jump	
U/15 F	7:40:00 PM	Javelin	
U/15 M	7:40:00 PM	Javelin	
U/14 M	7:40:00 PM	Long Jump	
U/13 F	7:40:00 PM	Shot Put	
U/13 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	600m Seeded	
U/17 M	8:15:00 PM	600m Seeded	
Seniors F	8:15:00 PM	600m Seeded	
Seniors M	8:15:00 PM	600m Seeded	
U/14 M	8:15:00 PM	Discus	
U/15 F	8:15:00 PM	High Jump	
U/15 M	8:15:00 PM	High Jump	
U/17 F	8:15:00 PM	Javelin	
U/17 M	8:15:00 PM	Javelin	
Seniors F	8:15:00 PM	Javelin	
Seniors M	8:15:00 PM	Javelin	
U/14 F	8:15:00 PM	Long Jump	
U/13 M	8:15:00 PM	Shot Put	
U/13 F	8:15:00 PM	Triple Jump	
U/15 F	8:20:00 PM	600m	
U/15 M	8:20:00 PM	600m	
U/14 F	8:25:00 PM	600m	
U/14 M	8:25:00 PM	600m	
U/13 F	8:30:00 PM	600m	
U/13 M	8:30:00 PM	600m	
Open Seeded Event	8:40:00 PM	145m Seeded	