

TIME	U16 (G9) GIRLS	U16 (G9) BOYS	JR GIRLS	JR BOYS	INT. & SR GIRLS	INT. & SR BOYS	TIME
9:00	3000m						9:00
9:15			3000m		3000m		9:15
9:20							9:20
9:30		3000m					9:30
9:30	Long Jump	Discus	High Jump	Shot Put	Triple Jump	Javelin	9:30
9:40							9:40
9:45				3000m		3000m	9:45
9:50							9:50
9:55	ALL HURDLES ARE TIMED FINALS						9:55
10:00	80 m Hurdles		80m Hurdles				10:00
10:05							10:05
10:10					80 m Hurdles		10:10
10:15		100 m Hurdles					10:15
10:20	Discus	High Jump	Shot Put	Triple Jump	Javelin	Long Jump	10:20
10:25				100 m Hurdles		100 m Hurdles	10:25
10:30			300m Hurdles (open)				10:30
10:35							10:35
10:40				300m Hurdles (open)			10:40
10:45			100m - Girls Pent.				10:45
10:50				100m - Boys Pent.			10:50
10:55	100m (heats)						10:55
11:00				100m (Open T20)			11:00
11:05							11:05
11:10		100m (heats)					11:10
11:15			Shot Put - Girls Pent.				11:15
11:20	High Jump	Shot Put	Triple Jump	Javelin	Long Jump	Discus	11:20
11:20			100m (finals)	Shot Put - Boys Pent.			11:20
11:30				100m (finals)			11:30
11:35							11:35
11:40					100m (finals)		11:40
11:45						100m (finals)	11:45
11:50							11:50
11:55	800m (final)		L. Jump - Girls Pent.				11:55
12:00		800m (final)		L. Jump - Boys Pent.			12:00
12:05			800m (final)		800m (final)		12:05
12:10	Shot Put	Triple Jump	Javelin	Long Jump	Discus	High Jump	12:10
12:10				800m (final)			12:10
12:20						800m (final)	12:20
12:25							12:25
12:30	200m (final)						12:30
12:35							12:35
12:40		200m (final)					12:40
12:45							12:45
12:50			200m (final)		H. Jump - Girls Pent.		12:50
12:55				200m (final)	H. Jump - Boys Pent.		12:55
1:00	Triple Jump	Javelin	Long Jump	Discus	High Jump	Shot Put	1:00
1:05							1:05
1:10					200m (final)		1:10
1:15							1:15
1:20						200m (final)	1:20
1:25							1:25
1:30	400m (final)						1:30
1:35		400m (final)					1:35
1:40			400m (final)				1:40
1:45				400m (final)			1:45
1:50					400m (final)		1:50
1:55						400m (final)	1:55
2:00	Javelin	Long Jump	Discus	High Jump	Shot Put	Triple Jump	2:00
2:05	100m (final)						2:05
2:10		100m (final)					2:10
2:15			800m - Girls Pent.				2:15
2:20							2:20
2:25				800m - Boys Pent.			2:25
2:30							2:30
2:35	1500m						2:35
2:40							2:40
2:45		1500m					2:45
2:50							2:50
2:55			1500m		1500m		2:55
3:00							3:00
3:05				1500m		1500m	3:05
3:10							3:10

