

## Athletics Invitational Program 2022

Track Events			Field Events		
Start Time	Event	Age Group	Start Time	Event	Age Group
8.00am	3000m	Opens			
8.30am	HURDLES	13 Yrs - Opens	8.30am	Javelin	14 & 15 Yrs
			8.30am	Discus	16 & 17 Yrs
			8.30am	Shot	13 Yrs
			8.30am	High Jump	13 & 14 Yrs
			8.30am	Long Jump	17 Yrs & Opens
9.10am	200m	13 Yrs - Opens			
10.10am	800m	13 Yrs - Opens	9.30am	Javelin	13 Yrs
			9.30am	Discus	14 & 15 Yrs
			9.30am	Long Jump	13 & 14 Yrs
			10.00am	Shot	Opens
			10.00am	High Jump	15 & 16 Yrs
11.00am	100m	13 Yrs - Opens	11.00am	Discus	13 Yrs
			11.00am	Shot	16 & 17 Yrs
			11.00am	Javelin	Open
			11.00am	High Jump	17 & Opens
12.15pm	4x100m	13 Yrs - Opens	12.00pm	Long Jump	15 & 16 Yrs (Relays clash)
			12.00pm	Shot	14 & 15 Yrs
			12.15pm	Javelin	16 & 17 Yrs
			12.30pm	Discus	Opens
1.00pm	400m	13 Yrs - Opens			
1.45pm	1500m	13 Yrs - Opens			
2.45pm	4x400	13 Yrs - Opens			