

Track Events			Field Events		
Start Time	Event	Age Group	Start Time	Event	Age Group
8.00am	3000m	Open - all age groups			
8.30am	HURDLES	13 Yrs - Opens	8.30am	Javelin	14 &15 Yrs <b>Northern End</b>
			8.30am	Discus	16 & 17 Yrs <b>Southern End</b>
			8.30am	Shot	13 Yrs <b>Northern End</b>
			8.30am	High Jump	13 & 14Yrs <b>Southern End</b>
9.10am	200m	13 Yrs - Opens	8.30am	Long Jump	17 Yrs & Opens <b>Straight Track side North &amp; South</b>
10.10am	800m	13 Yrs - Opens	9.30am	Javelin	13 Yrs <b>Northern End</b>
			9.30am	Discus	14 & 15 Yrs <b>Southern End</b>
					13 & 14 Yrs
			9.30am	Long Jump	<b>Straight Track side North &amp; South</b>
			10.00am	Shot	Opens <b>Northern End</b>
			10.00am	High Jump	15 & 16 Yrs <b>Southern End</b>
11.00am	100m	13 Yrs - Opens	11.00am	Discus	13 Yrs <b>Southern End</b>
			11.00am	Shot	16 & 17 Yrs <b>Northern End</b>
			11.00am	Javelin	Open <b>Northern End</b>
			11.00am	High Jump	17 & Opens <b>Southern End</b>
12.15pm	4x100m	13 Yrs - Opens	12.00pm	Long Jump	15 & 16 Yrs *Relays <b>Straight Track side North &amp; South</b>
			12.15pm	Javelin	16 & 17 Yrs <b>Northern End</b>
			<b>12.00pm</b>	Shot	14 & 15 Yrs <b>Northern End</b>
			12.30pm	Discus	Opens <b>Southern End</b>
1.00pm	400m	13Yrs - Opens			
1.45pm	1500m	13Yrs - Opens			
<b>2.45pm</b>	4x400	13Yrs - Opens			
			<b>NOTES</b>		
			Northern End - Scoreboard End		
			Southern End - Marathon Entry		
			Straight Track Side - Grandstand side		
			Eastern Side - Back Straight		