

*Programme times may be brought forward up to 30mins; and it is strongly suggested that athletes be at the arena 45 minutes prior to the event block times.*

*Athletes should be mindful of clashing events when nominating*

8:00am	Pent: 100m	U11 B & G U12 B & G U13 B & G U14 B & G U15 & U17 B & G	8:00am	Shot Put Discus Long Jump	U10 B & G U9 B & G U7 B & G
9:00am	400 Metres	U10 B & G	9:15am	Pent: Discus Pent: High Jump Pent: Shot Put Pent: Shot Put Pent: Long Jump Pent: Discus Pent: High Jump Pent: Long Jump	U11 B U12 G U11 G U12 B U13 G U13 B U14 B & G U15 & U17 B & G
9:15am	70 Metres	U9 B & G U7 B & G U8 B & G U10 B & G	10:15am	700m Walk 1100m Walk	U9 B & G U10 B & G
10:15am	700m Walk 1100m Walk	U9 B & G U10 B & G	10:30am	Shot Put Discus Long Jump High Jump	U7 B & G U8 B & G U9 B & G U10 B & G
10:45am	Pent: Hurdles	U15 & U17 B & G U14 B & G U13 B & G U12 B & G U11 B & G	11:40am	60m Hurdles	U10 B & G U9 B & G U8 B & G
11:40am	60m Hurdles	U10 B & G U9 B & G U8 B & G	12:30pm	Pent: High Jump Pent: Long Jump Pent: Long Jump Pent: Discus Pent: High Jump Pent: Shot Put Pent: Shot Put Pent: Discus	U11 B U11 G U12 B U12 G U13 B U13 G U14 B & G U15 & U17 B & G
12:30pm	200 Metres	U9 B & G U10 B & G U7 B & G U8 B & G	1:30pm	Shot Put Long Jump	U8 B & G U10 B & G
2:00pm	Pent: 800m	U11 B & G U12 B & G U13 B & G U14 B & G U15 & U17 B & G	2:00pm	High Jump Discus	U9 B & G U7 B & G
3:00pm	100 Metres	U7 B & G U8 B & G U9 B & G U10 B & G	3:30pm	Long Jump Discus Shot Put	U8 B & G U10 B & G U9 B & G
4:00pm	800m	U9 B & G U10 B & G			

Approximate finish 4:30pm