

Time	U9 Girls	U11 Girls	U12.5 Girls	U14 Girls & Boys	U16 Girls	U19 Girls	U9 Boys	U12.5 Boys	U11 Boys	U16 Boys	U19 Boys
9:00			High Jump 1	Long Jump 1	Shot Put	Discus		High Jump 2	Triple Jump 2		Javelin
9:30	Long Jump 2	Shot Put (Where Javelin is)	100M Sprints				Long Jump 2	Long Jump 1	Shot Put	Discus	High Jump 2
10:00	Discus	100m	ShotPut	High Jump1	Long Jump 1		Discus		High Jump 2	Javelin	Triple Jump 2
10.15			400m					400m			
10:30	400M		Triple Jump 2	Javelin	Discus		400M	ShotPut		Long Jump 1	
11:00	High Jump Mat 1	Discus (Where Javelin is)	Discus	Shotput	Triple Jump 2	Long Jump 1	High Jump Mat 1	100m Sprints			
11:30	60m		Long Jump 1	Discus	High Jump 1	Triple Jump 2	60m		Javelin	High Jump 2	ShotPut
11.45			1500m					1500m			
LUNCH											
1:00	Cricketball Throw (Where Javelin is)	High Jump 1		Triple Jump 2		Shot Put	Cricketball Throw (Where Javelin is)	Discus	Long Jump 1		
1.15			200m					200m			
1:30		400m			Javelin	High Jump 1		Triple Jump 2	Discus	Shotput	Long Jump 1
2:00		Long Jump 1				Javelin				Triple Jump 2	Discus
	100m Finals and Relays										