

Time	Field Events				
	Long Jump	Turbo Javelin	Shot	High Jump	Javelin
11:00					
11:30	U10 Boys (Go to 200m before TJ)	U11 G & B	U17-19 G & B		
12:00	U10 Girls (Go to 200m before TJ)	U9 G & B (Go to 200m before LJ)			
12:30	U9 Boys	U12 G & B		U15 G & B	
13:00	U9 Girls	U10 G & B			
13:30				U13 G & B	
14:00					
14:30					
15:00					U16 Javelin G & B
15:30					
16:00					U14 Javelin G & B

Time	Track Events
11:00 to 13:00	1500m U17-19 G & B 1500m U16 G & B 1500m U15 G & B 1500m U14 G & B 800m U13 G & B 800m U12 G & B 600m U11 G & B 200m U10 G & B 200m U9 G & B  (Run U9 & U10 200m between 1500m and /or 800m if possible)
13:00 to 13:30	Novelty Events
13:30 to 15:00	200m U17-19 G & B Heats 200m U16 G & B Heats 200m U15 G & B Heats 200m U14 G & B Heats <b>200m Finals</b> 300m U13 G & B 300m U12 G & B
15:00	
15:30	
16:00	