TIMETABLE - ROUND 1

	TRACK	
12:00	Under 11 Girls	75m
12:00	Under 11 Boys	75m
12:15	Under 13 Girls	100m
12:30	Under 15 Girls	100m
12:40	U17 Women / Senior Women	100m
12:50	U17 Men / Senior Men	100m
13:00	Mixed Men & Wome	3000m
13:30	Under 13 Boys	200m
13:40	Under 15 Boys	200m
13:50		
14:00	Under 11 Girls	600m
14:00	Under 11 Boys	600m
14:15	Under 13 Girls	800m
14:30	Under 13 Boys	800m
14:45	U17 Men / Senior Men	800m
15:00	Under 15 Girls	1500m
15:15	U17 Women / Senior Women	1500m
15:30	Under 15 Boys	1500m
15:40	Under 11 Girls	4x100 Relay
15:50	Under 11 Boys	4x100 Relay
15:55	Under 13 Boys	4x100m Relay
16:00	Under 15 Boys	4x100m Relay
16:05	Under 17 Women	4x100m Relay
16:10	Under17 Men	4x100m Relay
16:15	Under 13 Girls	4x100m Relay
16:20	Under 15 Girls	4x100m Relay
16:25	Senior Women	4x100m Relay
16:30	Senior Men	4x100m Relay

<u>FIELD</u>		
12:00	Under 13 Boys	High Jump
12:00	Under 15 Boys	Discus
12:00	Under 17 Women / Under17 Men	Triple Jump
12:30	Under 11's	Long Jump (Boys & Girls)
12:45	Under 15 Girls	Shot
13:20	Senior Women	Triple Jump
13:20	Senior Men	Javelin
13:30	Under 15 Girls	High Jump
13:30	Under 13 Girls	Discus
14:10	Under 15 Boys	Long Jump
14:10	Under 13 Boys	Shot
14:30	Senior Men	High Jump
15:00	Under 13 Girls	Long Jump
15:00	Under 17 Women / Under17 Men	Shot
15:00	Senior Women	Javelin
15:00	Under 11 Mixed	Soft Javelin

For U11 field events use two pools to assist in speeding up the event
Any Non Counting races will immediately follow the counting event.
Non counters may enter field events only at the discretion of the field referee.

Team Responsible
1
2
3
4
5
6
1
2
3
4
5
6
1
2
3 and 4
5 and 6

TIMETABLE - ROUND 2

	TRACK	
12:00	Under 11 Girls	75m
12:00	Under 11 Boys	75m
12:15	Under 13 Boys	100m
12:30	Under 15 Boys	100m
12:40		
13:00	Mixed Men & Women	3000m
13:20	Under 13 Girls	200m
13:30	Under 15 Girls	200m
13:40	U17 Women / Senior Women	200m
13:50	U17 Men / Senior Men	200m
14:00	Under 11 Girls	600m
14:00	Under 11 Boys	600m
14:15	Under 13 Girls	800m
14:30	Under 15 Girls	800m
14:45	U17 Women / Senior Women	800m
15:00	Under 15 Boys	800m
15:15	Under 13 Boys	1500m
15:30	U17 Men / Senior Men	1500m
15:40	Under 11 Girls	4x100 Relay
15:50	Under 11 Boys	4x100 Relay
15:55	Under 13 Boys	4x100m Relay
16:00	Under 15 Boys	4x100m Relay
16:05	Under 17 Women	4x100m Relay
16:10	Under17 Men	4x100m Relay
16:15	Under 13 Girls	4x100m Relay
16:20	Under 15 Girls	4x100m Relay
16:25	Senior Women	4x400m Relay
16:30	Senior Men	4x400m Relay

	<u>FIELD</u>	
11:30	Senior Men	Hammer
12:00	Senior Women	High Jump
12:00	Senior Men	Long Jump
12:30	Under 11 's	Long Jump (Boys & Girls)
12:45	Under 15 Boys	Shot
13:20	Under 17 Women / Under17 Men	Long Jump
13:20	Under 13 Boys	Discus
13:30	Under 15 Boys	High Jump
13:30	Under 13 Girls	Shot
14:10	Under 15 Girls	Long Jump
14:10	Under 17 Women / Under17 Men	Shot
14:10	Under 15 Girls	Javelin
14:30	Under 13 Girls	High Jump
15:00	Under 13 Boys	Long Jump
15:00	Senior Women	Shot
15:00	Under 11 Mixed	Soft Javelin

For U11 field events use two pools to assist in speeding up the event
Any Non Counting races will immediately follow the counting event.
Non counters may enter field events only at the discretion of the field referee.

Team Responsible
3
4
5
6
1
2
3
4
5
6
1
2
3
4
5 and 6
1 and 2

TIMETABLE - ROUND 3

TRACK		
12:00	Under 11 Girls	75m
12:00	Under 11 Boys	75m
12:15	Under 13 Girls	100m
12:30	Under 15 Girls	100m
12:40	U17 Women / Senior Women	100m
12:50	U17 Men / Senior Men	100m
13:00	Mixed Men & Women	3000m
13:30	Under 13 Boys	200m
13:40	Under 15 Boys	200m
13:50		
14:00	Under 11 Girls	600m
14:00	Under 11 Boys	600m
14:15	Under 13 Girls	800m
14:30	Under 13 Boys	800m
14:45	U17 Men / Senior Men	800m
15:00	Under 15 Girls	1500m
15:15	U17 Women / Senior Women	1500m
15:30	Under 15 Boys	1500m
15:40	Under 11 Girls	4x100 Relay
15:50	Under 11 Boys	4x100 Relay
15:55	Under 13 Boys	4x100m Relay
16:00	Under 15 Boys	4x100m Relay
16:05	Under 17 Women	4x100m Relay
16:10	Under17 Men	4x100m Relay
16:15	Under 13 Girls	4x100m Relay
16:20	Under 15 Girls	4x100m Relay
16:25	Senior Women	4x100m Relay
16:30	Senior Men	4x100m Relay

	<u>FIELD</u>	
12:00	Under 13 Boys	High Jump
12:00	Under 17 Women / Under17 Men	Javelin
12:00	Under 15 Boys	Long Jump
12:30	Under 11's	Long Jump (Boys & Girls)
12:45	Under 15 Girls	Shot
13:15	Senior Men	Triple Jump
13:15	Senior Women	Discus
13:30	Under 15 Girls	High Jump
14:00	Senior Women	Long Jump
14:00	Under 13 Boys	Shot
14:00	Under 13 Girls	Javelin
14:15	Under 17 Women / Under17 Men	High Jump
14:45	Under 15 Boys	Javelin
15:00	Under 13 Girls	Long Jump
15:00	Senior Men	Shot
15:00	Under 11 Mixed	Soft Javelin

For U11 field events use two pools to assist in speeding up the event

Any Non Counting races will immediately follow the counting event.

Non counters may enter field events only at the discretion of the field referee.

Team Responsible
5
6
1
2
3
4
5
6
1
2
3
4
5
6
1 and 2
3 and 4

TIMETABLE - ROUND 4

	TRACK	
12:00	Under 11 Girls	75m
12:00	Under 11 Boys	75m
12:15	Under 13 Boys	100m
12:30	Under 15 Boys	100m
12:40		
13:00	Mixed Men & Women	3000m
13:20	Under 13 Girls	200m
13:30	Under 15 Girls	200m
13:40	U17 Women / Senior Women	200m
13:50	U17 Men / Senior Men	200m
14:00	Under 11 Girls	600m
14:00	Under 11 Boys	600m
14:15	Under 13 Girls	800m
14:30	Under 15 Girls	800m
14:45	U17 Women / Senior Women	800m
15:00	Under 15 Boys	800m
15:15	Under 13 Boys	1500m
15:30	U17 Men / Senior Men	1500m
15:40	Under 11 Girl	4x100 Relay
15:50	Under 11 Boys	4x100 Relay
15:55	Under 13 Boys	4x100m Relay
16:00	Under 15 Boys	4x100m Relay
16:05	Under 17 Women	4x100m Relay
16:10	Under17 Men	4x100m Relay
16:15	Under 13 Girls	4x100m Relay
16:20	Under 15 Girls	4x100m Relay
16:25	Senior Women	4x100m Relay
16:30	Senior Men	4x100m Relay

	<u>FIELD</u>	
11:30	Senior Women	Hammer
12:00	Senior Women	High Jump
12:00	Senior Men	Long Jump
12:30	Under 11's	Long Jump (Boys & Girls)
12:45	Under 15 Boys	Shot
13:20	Under 17 Women / Under17 Men	Long Jump
13:20	Under 13 Boys	Javelin
13:30	Under 15 Boys	High Jump
13:30	Under 13 Girls	Shot
14:10	Under 15 Girls	Long Jump
14:10	Under 17 Women / Under17 Men	Discus
14:30	Senior Men	Shot
14:30	Under 13 Girls	High Jump
15:00	Under 13 Boys	Long Jump
15:00	Under 15 Girls	Discus
15:00	Under 11 Mixed	Soft Javelin

For U11 field events use two pools to assist in speeding up the event
Any Non Counting races will immediately follow the counting event.
Non counters may enter field events only at the discretion of the field referee.

Team Responsible
2
1
4
3
6
5
2
1
4
3
6
5
2
1
4 and 3
5 and 6