

Lower Age Group Premier Timetable

TRACK Timetable

| Time | Event | M/F | |
|--------------------|-------------|-----------|-----------------|
| 11:10 | 70m Hurdles | U13 Girls | A followed by B |
| 11:20 | 75m Hurdles | U13 Boys | A followed by B |
| 11:30 | 75m Hurdles | U15 Girls | A followed by B |
| 11:40 | 80m Hurdles | U15 Boys | A followed by B |
| 11:55 | 150m | U13 Girls | A followed by B |
| 12:05 | 150m | U13 Boys | A followed by B |
| 12:15 | 200m | U15 Girls | A followed by B |
| 12:25 | 200m | U15 Boys | A followed by B |
| 12:40 | 800m | U13 Girls | A followed by B |
| 12:50 | 800m NS | U13 Girls | |
| 12:55 | 800m | U13 Boys | A followed by B |
| 13:05 | 800m NS | U13 Boys | |
| 13:10 | 800m | U15 Girls | A followed by B |
| 13:20 | 800m NS | U15 Girls | |
| 13:25 | 800m | U15 Boys | A followed by B |
| 13:35 | 800m NS | U15 Boys | |
| Track Break | | | |
| 14.00 | 75m | U13 Girls | A followed by B |
| 14.10 | 75m NS | U13 Girls | |
| 14.15 | 75m | U13 Boys | A followed by B |
| 14.25 | 75m NS | U13 Boys | |
| 14.30 | 100m | U15 Girls | A followed by B |
| 14.40 | 100m NS | U15 Girls | |
| 14.45 | 100m | U15 Boys | A followed by B |
| 14.55 | 100m NS | U15 Boys | |
| 15.00 | 300m | U15 Girls | A followed by B |
| 15.10 | 300m | U15 Boys | A followed by B |
| 15.20 | 1500m | U15 Girls | One Race |
| 15.30 | 1500m | U15 Boys | One Race |
| 15.40 | 1200m | U13 Girls | One Race |
| 15.50 | 1200m | U13 Boys | One Race |
| 16.00 | 4x100m | U15 Girls | One Race |
| 16.05 | 4x100m | U15 Boys | One Race |
| 16.10 | 4x100m | U13 Boys | One Race |
| 16.15 | 4x100m | U13 Girls | One Race |
| 16.20 | 4x300m | U15 Girls | One Race |
| 16.25 | 4x300m | U15 Boys | One Race |

FIELD Timetable

| Time | Event | M/F |
|---|------------|-----------|
| 11.00 | Hammer | U15 Boys |
| 11.15 | Long Jump | U15 Girls |
| 11.40 | Hammer | U15 Girls |
| 11.45 | High Jump | U13 Girls |
| | Shot | U13 Boys |
| 12.20 | Discus | U15 Boys |
| 12.30 | Pole Vault | U15 B & G |
| 13.00 | Discus | U15 Girls |
| | High Jump | U13 Boys |
| | Shot | U13 Girls |
| 13.15 | Long Jump | U15 Boys |
| 13.45 | Javelin | U15 Boys |
| 14.15 | High Jump | U15 Boys |
| | Shot | U15 Girls |
| 14.25 | Javelin | U13 Boys |
| 14.30 | Long Jump | U13 Girls |
| 15.05 | Javelin | U15 Girls |
| 15.30 | Long Jump | U13 Boys |
| | High Jump | U15 Girls |
| | Shot | U15 Boys |
| 15.45 | Javelin | U13 Girls |
| 3 trials per athlete except vertical jumps | | |

Lower Age Group Non Premier Timetable

TRACK Timetable

| Time | Event | M/F | |
|--------------------|-------------|-----------|-----------------|
| 11:15 | 70m Hurdles | U13 Girls | A followed by B |
| 11:25 | 75m Hurdles | U13 Boys | A followed by B |
| 11:35 | 75m Hurdles | U15 Girls | A followed by B |
| 11:45 | 80m Hurdles | U15 Boys | A followed by B |
| 12:00 | 150m | U13 Girls | A followed by B |
| 12:10 | 150m | U13 Boys | A followed by B |
| 12:20 | 200m | U15 Girls | A followed by B |
| 12:30 | 200m | U15 Boys | A followed by B |
| 12:45 | 800m | U13 Girls | A followed by B |
| 12:55 | 800m NS | U13 Girls | |
| 13:00 | 800m | U13 Boys | A followed by B |
| 13:10 | 800m NS | U13 Boys | |
| 13:15 | 800m | U15 Girls | A followed by B |
| 13:25 | 800m NS | U15 Girls | |
| 13:30 | 800m | U15 Boys | A followed by B |
| 13:40 | 800m NS | U15 Boys | |
| Track Break | | | |
| 14:05 | 75m | U13 Girls | A followed by B |
| 14:15 | 75m NS | U13 Girls | |
| 14:20 | 75m | U13 Boys | A followed by B |
| 14:30 | 75m NS | U13 Boys | |
| 14:35 | 100m | U15 Girls | A followed by B |
| 14:45 | 100m NS | U15 Girls | |
| 14:50 | 100m | U15 Boys | A followed by B |
| 15:00 | 100m NS | U15 Boys | |
| 15:05 | 300m | U15 Girls | A followed by B |
| 15:15 | 300m | U15 Boys | A followed by B |
| 15:25 | 1500m | U15 Girls | One Race |
| 15:35 | 1500m | U15 Boys | One Race |
| 15:45 | 1200m | U13 Girls | One Race |
| 15:55 | 1200m | U13 Boys | One Race |
| 16:05 | 4x100m | U15 Girls | One Race |
| 16:10 | 4x100m | U15 Boys | One Race |
| 16:15 | 4x100m | U13 Boys | One Race |
| 16:20 | 4x100m | U13 Girls | One Race |
| 16:25 | 4x300m | U15 Girls | One Race |
| 16:30 | 4x300m | U15 Boys | One Race |

FIELD Timetable

| Time | Event | M/F |
|-------|------------|-----------|
| 11:15 | Hammer | U15 B & G |
| 11:30 | Long Jump | U13 Boys |
| 11:45 | High Jump | U15 Girls |
| 11:45 | Shot | U13 Girls |
| 12:15 | Discus | U15 Boys |
| 13:00 | Long Jump | U15 Girls |
| 13:00 | High Jump | U13 B & G |
| 13:00 | Pole Vault | U15 B & G |
| 13:00 | Discus | U15 Girls |
| 13:15 | Shot | U15 Boys |
| 13:45 | Javelin | U15 Boys |
| 14:30 | Long Jump | U13 Girls |
| 14:30 | High Jump | U15 Boys |
| 14:30 | Shot | U13 Boys |
| 14:30 | Javelin | U15 Girls |
| 15:15 | Javelin | U13 Boys |
| 15:30 | Long Jump | U15 Boys |
| 15:30 | Shot | U15 Girls |
| 16:00 | Javelin | U13 Girls |

3 trials per athlete except vertical jumps