Track timetable		
Start Time	Event	Age group
10:30	1500m	Senior Girls
10:38		Inter Girls
10:46		Inter Boys - A Race
10:54		Inter Boys - B Race
11:02		Junior Boys
11:10		Junior Girls
11:18		Senior Boys
11:25	300m Hurdles	Inter Girls
11:30	400m Hurdles	Senior Girls
11:40	400m	Inter Boys
11:45		Senior Boys/ Senior Girls
11:50	300m	Inter Girls - A Race
11:55		Inter Girls - B Race
12:00		Junior Girls
12:05		Junior Boys - A Race
12:10		Junior Boys - B Race
12:20	3000m	Inter/Senior Girls/Senior Boys
12:35		Junior/Inter Boys
12:50	Sprint Hurdles	Junior Girls 75mH
13:00		Inter Girls 80m H
13:10		Junior Boys 80m H
13:20		Inter Boys 100m H
13:30		Senior Girls 100mH/ Senior Boys 110mH
	Track Break	
14:10	800m	Senior Boys
14:15		Inter Boys - A Race
14:20		Inter Boys - B Race
14:25		Junior Boys - A Race
14:30		Junior Boys - B Race
14:35		Senior Girls
14:40		Inter Girls
14:45		Junior Girls - A Race
14:50		Junior Girls - B Race
15:10	200m	Senior Boys
15:14		Senior Girls
15:18		Inter Girls - A Race
15:22		Inter Girls - B Race
15:26		Inter Boys - A Race
15:30		Inter Boys - B Race
15:34		Inter Boys - C Race
15:38		Junior Girls - A Race
15:42		Junior Girls - B Race
15:46		Junior Boys - A Race
15:50		Junior Boys - B Race
16:00	Steeple Chase	Inter Girls / Senior Girls
16:20		Inter Boys
16:30	100m	Senior Boys
16:34		Senior Girls
16:40		Inter Girls - A Race
16:44		Inter Girls - B Race
16:50		Inter Boys - A Race
16:54		Inter Boys - B Race
16:58		Inter Boys - C Race
17:05		Junior Girls - A Race
17:09		Junior Girls - B Race
17:13		Junior Girls - C Race
17:17		Junior Girls - D Race
17:22		Junior Boys - A Race
17:26		Junior Boys - B Race
17:30		Junior Boys - C Race

Field timetable		
Time	Event	Age group
10:30	Hammer	All
10:30	Shot 1	JB & JG
10:30	Long jump 1	JB & JG
11:15	Discus 1	JB JG IG
11:20	Shot 2	IB SB
11:25	Long jump 2	JG
12:30	Discus 2	IB SB SG
12:30	Shot 3	IG SG
12:30	Long jump 3	IG IB
13:20	High jump	All
13:20	Javelin 1	Male
13:25	Long jump 4	SG SB
14:05	Triple jump 1	All males
14:15	Javelin 2	All females
15:00	Triple jump 2	All females
15:10	Pole vault	All