

Timetable Match 1

TRACK

11:00am	110m Hurdles	U20 /Sen Men
11:10am	100m Hurdles	U17M
11:20am	100 Hurdles	Senior / U20 W
11:25am	80m Hurdles	U17W
11:40am	800m	Senior/U20/U17 Men
		Senior/U20/U17 Men
		Senior/U20/U17 Men
		Senior/U20/U17 Men
		Senior/U20/U17 Men
12:00pm	800m	Senior/U20/U17 Men
		Senior/U20/U17 Women
		Senior/U20/U17 Women
		Senior/U20/U17 Women
		Senior/U20/U17 Women
		Senior /U20/U17 Women
		Senior/U20/U17 Women
12:45pm	100m – Pool 1	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
	100m – Pool 2	Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
		Senior/U20/U17 Men
		Senior/U20/U17 Men
	100m	Senior/U20/U17 Men
13:35 pm		Lunch
14:00pm	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
	100m	Senior/U20/U17 Women
14:35pm	1500m	U17/U20/Senior Women
14:42pm	1500m	U17/U20/Senior Women
14:49pm	1500m	U17/U20/Senior Men
14:56pm	1500m	U17/U20/Senior Men
15:03pm	5000m	U20/Sen Men
15:20pm	300m	U17 Women
	300m	U17 Women
	300m	U17 Women
15:35pm	400m	U17 Men
	400m	U17 Men
	400m	U17 Men

FIELD

11:00am	Long Jump	U20/Sen Women
	Discus	U17 Men
	Shot	U20/Sen Men
	High Jump	U20/Sen Men
12:30pm	Long Jump	U17 Women
	Shot	U17 Men
	High Jump	U17 Men
	Discus	U20/Sen Women
14:00pm	Long Jump	U17 Men
	Discus	U20/Sen Men
	Shot	U17 Women
	High Jump	U17 Women
15:15pm	Discus	U17 Women
	Shot	U20/Sen Women
	Long Jump	U20/Sen Men
	High Jump	U20/Sen Women

	400m	U20/Senior Women
	400m	U20/Senior Women
	400m	U20/Senior Men
	400m	U20/Senior Men
	400m	U20/Senior Men
16:20pm	1500m SC	All Women