|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **TRACK** |  |  |  |  | **FIELD** |  | | |
| **TIME** | **AGE GROUP** | **EVENT** |  |  | **TIME** | **AGE GROUP** | **EVENT** | | |
| 12.00 | Senior Men | 3000m |  |  | 12.00 | Senior Men | Long Jump | | |
|  | Masters Men | 3000m | A only |  | 12.00 | Under 17 Men | Long Jump | | |
| 12.20 | Under 17 Women | 300m |  |  | 12.00 | Under 13 Boys | Javelin | | |
| 12.30 | Under 17 Men | 400m |  |  | 12.00 | Under 13 Girls | High Jump | | |
|  | Senior Women | 400m |  |  | 12.40 | Under 13 Girls | Javelin | | |
|  | Senior Men | 400m |  |  | 12.40 | Under 15 Girls | High Jump | | |
| 13.00 | Under 11 Girls | 80m |  |  | 13.00 | Under 17 Women | Long Jump | | |
|  | Under 11 Boys | 80m |  |  | 13.00 | Under 15 Boys | Discus | | |
| 13.15 | Under 13 Girls | 100m |  |  | 13.00 | Under 17 Men | Shot Put | | |
|  | Under 13 Boys | 100m |  |  | 13.40 | Under 15 Girls | Javelin | | |
|  | Under 15 Girls | 100m |  |  | 13.40 | Under 11 Girls | Long Jump | | |
|  | Under 15 Boys | 100m |  |  | 13.40 | Under 11 Boys | Long Jump | | |
|  | Under 17 Women | 100m |  |  | 13.40 | Under 15 Boys | Shot Put | | |
|  | Under 17 Men | 100m |  |  | 14.00 | Senior Women | High Jump | | |
|  | Senior Women | 100m |  |  | 14.00 | Under 13 Girls | Long Jump | | |
|  | Senior Men | 100m |  |  | 14.20 | Senior Women | Javelin | | |
|  | Masters Men | 100m | A only |  | 14.20 | Under 17 Women | High Jump | | |
|  | Masters Women | 100m | A only |  | 14.20 | Under 13 Boys | Shot Put | | |
| 14.35 | Under 11 Girls | 600m |  |  | 14.40 | Under 13 Boys | Long Jump | | |
|  | Under 11 Boys | 600m |  |  | 14.40 | Under 17 Women | Javelin | | |
| 14.50 | Under 13 Girls | 800m |  |  | 15.00 | Under 17 Men | High Jump | | |
|  | Under 13 Boys | 800m |  |  | 15.00 | Senior Men | Shot Put | | |
|  | Under 15 Girls | 800m |  |  | 15.20 | Under 15 Girls | Long Jump | | |
|  | Under 15 Boys | 800m |  |  | 15.20 | Under 15 Boys | Javelin | | |
|  | Under 17 Women | 800m |  |  | 15.30 | Under 17 Men | Discus | | |
|  | Under 17 Men | 800m |  |  | 15.40 | Senior Women | Shot Put | | |
|  | Senior Women | 800m |  |  |  |  |  | | |
|  | Senior Men | 800m |  |  |  |  |  | | |
|  | Masters Women | 800m | A only |  |  |  |  | | |
|  | Masters Men | 800m | A only |  |  |  |  | | |
| 16.15 | Under 11 Girls | 4 x 100 |  |  |  |  |  | | |
|  | Under 11 Boys | 4 x 100 |  |  |  | | | | |
|  | Under 13 Girls | 4 x 100 |  |  |  | | | | |
|  | Under 13 Boys | 4 x 100 |  |  |  | | | | |
|  | Under 15 Girls | 4 x 100 |  |  |  | | | | |
|  | Under 15 Boys | 4 x 100 |  |  |  | | |  |  |
|  | Under 17 Women | 4 x 100 |  |  |  | | | | |
|  | Under 17 Men | 4 x 100 |  |  |  | | | | |
|  | Senior Women | 4 x 100 |  |  |  | | | | |
|  | Senior Men | 4 x 100 |  |  |  | | | | |