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|  | **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 |   |   |  |