

Timetable Match 4**TRACK****FIELD**

11:00am	10,000m	U20/Senior Men/Women			
11.45am	300m Hurdles	U17 Women	11:00am	Hammer	All
11.55am	400m Hurdles	U20 / Senior Women		Triple Jump	All Men / Women
11.55am	400m Hurdles	U17M			
11.55am	400m Hurdles	U20 / Senior Men	12:30pm	High Jump	All Women
				Long Jump	All Men
12:05pm	200m - Pool 1	Senior/U20/U17 Men		Shot	All Men
	200m	Senior/U20/U17 Men			
	200m	Senior/U20/U17 Men	14:00pm	Long Jump	U17 Women
	200m	Senior/U20/U17 Men		Shot Putt	All Women
	200m	Senior/U20/U17 Men			
12:30pm	200m - Pool 2	Senior/U20/U17 Men	14:30pm	High Jump	All Men
	200m	Senior/U20/U17 Men			
	200m	Senior/U20/U17 Men	15:00pm	Long Jump	U20/Sen Women
	200m	Senior/U20/U17 Men			
	200m	Senior/U20/U17 Men			
12:55pm		Lunch			
13:40pm	200m - Pool 3	Senior/U20/U17 Women			
	200m	Senior/U20/U17 Women			
	200m	Senior/U20/U17 Women			
	200m	Senior/U20/U17 Women			
	200m	Senior/U20/U17 Women			
14:10pm	1500m	U17 Men			
	1500m	U17 Men			
	1500m	Senior/U20 Men			
	1500m	Senior/U20 Men			
	1500m	Senior/U20 Men			
15:00pm	1500m	U17 Women			
	1500m	Senior/U20 Women			
15:20pm	4x100m Relay	U17 Men			
15:25pm	4x100m Relay	U20/Sen Men			
15:30pm	4x100m Relay	U20/Women			