

**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
12:05pm	800m	Senior U20/U17 Women

12:25pm **Lunch**

13:00pm	100m – Pool 1	Senior/U20/U17 Men
13:35pm	100m – Pool 2	Senior/U20/U17 Men
13:50pm	100m	Senior/U20/U17 Women
14:35pm	1500m	U17/U20/Senior Women
14:50pm	1500m	U17/U20/Senior Men
15:10pm	5000m	U20/Sen Men
15:30pm	300m	U17 Women
15:55pm	400m	U17 Men
16:10pm	400m	U20/Senior Women
16:25pm	400m	U20/Senior Men
16:45pm	2000m SC	U18/U20/Senior Women

**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

15:15pm	Discus	U17 Women
		U20/Sen Women
	Shot	+ 8 U17 W
		U20/Sen Men + 9
	Long Jump	U17M
	High Jump	All Women

