

Programme times may be brought forward up to 30mins; and it is strongly suggested that athletes be at the arena 45 minutes prior to the event block times.

7:30am	Medley Relay	U11 B & G	7:30am	Discus Shot Put High Jump Long Jump	U9 B & G U10 B & G U14 B & G U15 B & G
8:30am	Medley Relay	U12 B & G	9:10am	Shot Put	U13 B & G
			9:20am	High Jump	U11 B & G
9:40am	4 X 200 Metres	U9 B & G	9:40am	Long Jump Discus	U12 B & G U15 B & G
10:20am	4 X 200 Metres	U10 B & G			
11:15am	4 x 100 Metres	U14 B & G	11:25am	High Jump Long Jump	U9 B & G U10 B & G
			11:30am	Discus	U17 B & G
11:35am	4x100 Metres	U13 B & G			
			12:00noon	Shot Put	U14 B & G
12:15pm	4x100 Metres	U15 B & G			
			12:35pm	Discus	U13 B & G
12:45pm	4x100 Metres	U11 B & G	1:15pm	High Jump	U10 B & G
1:00pm Official Opening					
1:20pm	4x100 Metres	U17 B & G			
1:40pm	4 x 100m Regional	U15 B & G	1:50pm	Long Jump	U11 B & G
1:55pm	4 x 100 Metres	U12 B & G	1:55pm	Shot Put	U17 B & G
2:25pm	4x100 Metres	U9 B & G	2:35pm	Discus	U12 B & G
			2:50pm	High Jump	U15 B & G
2:55pm	4x100 Metres	U10 B & G			
3:30pm	Medley Relay	U13 B & G	3:00pm	Shot Put	U9 B & G
			3:40pm	Long Jump	U14 B & G
4:30pm	Medley Relay	U15 B & G	4:30pm	Discus	U11 B & G
			4:45pm	High Jump	U13 B & G
			5:00pm	Shot Put	U12 B & G
5:30pm	Medley Relay	U14 B & G	5:30pm	Long Jump	U17 B & G
6:35pm	Medley Relay	U17 B & G	<i>Approximate Finish time 7:10pm</i>		