

Athletes are to report to the relevant MEETING POINT 20 minutes prior to the scheduled start time of each event. The Age Group Managers will then take them to the track callroom or directly to the field event. Pack Start and 800m events will be held following the second last event.

Age Group	Colour	Day	Event	Area	Time	Meeting Point
U7 Boys	Blue	Saturday	Discus	3	9:00	1
		Saturday	Shot Put	2	10:05	
		Saturday	50 Metres	Track	13:21	
		Saturday	100 Metres	Track	16:01	
		Sunday	Long Jump	1	9:00	
		Sunday	Pack Start	Track		
U7 Boys	Yellow	Saturday	Shot Put	2	9:00	2
		Saturday	Discus	3	10:05	
		Saturday	50 Metres	Track	13:21	
		Saturday	100 Metres	Track	16:01	
		Sunday	Long Jump	3	9:00	
		Sunday	Pack Start	Track		
U7 Girls	Orange	Saturday	Shot Put	3	9:00	3
		Saturday	Discus	1	10:39	
		Saturday	50 Metres	Track	13:11	
		Saturday	100 Metres	Track	15:51	
		Sunday	Long Jump	2	9:00	
		Sunday	Pack Start	Track		
U7 Girls	Pink	Saturday	Shot Put	3	10:00	6
		Saturday	Discus	1	11:40	
		Saturday	50 Metres	Track	13:11	
		Saturday	100 Metres	Track	15:51	
		Sunday	Long Jump	4	9:00	
		Sunday	Pack Start	Track		
U8 Boys	Berry	Saturday	Long Jump	2	9:58	3
		Saturday	70 Metres	Track	13:44	
		Saturday	Shot Put	3	15:00	
		Saturday	200 Metres	Track	16:26	
		Sunday	Discus	1	9:00	
		Sunday	Pack Start	Track		
U8 Boys	Red	Saturday	Long Jump	4	9:00	4
		Saturday	70 Metres	Track	13:44	
		Saturday	Shot Put	2	15:04	
		Saturday	200 Metres	Track	16:26	
		Sunday	Discus	1	10:25	
		Sunday	Pack Start	Track		
U8 Girls	Green	Saturday	Long Jump	1	9:00	5
		Saturday	Discus	3	12:21	
		Saturday	70 Metres	Track	13:31	
		Saturday	200 Metres	Track	16:11	
		Sunday	Shot Put	3	9:00	
		Sunday	Pack Start	Track		

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Age Group	Colour	Day	Event	Area	Time	Meeting Point
U8 Girls	Gold	Saturday	Long Jump	3	9:00	6
		Saturday	Discus	3	11:10	
		Saturday	70 Metres	Track	13:31	
		Saturday	200 Metres	Track	16:11	
		Sunday	Shot Put	3	10:11	
		Sunday	Pack Start	Track		
U9 Boys	Blue	Saturday	60 Hurdles	Track	9:17	2
		Saturday	Discus	1	12:38	
		Saturday	100 Metres	Track	14:16	
		Sunday	Long Jump	2	10:14	
		Sunday	Shot Put	2	11:50	
		Sunday	800 Metres	Track		
U9 Boys	Orange	Saturday	60 Hurdles	Track	9:17	3
		Saturday	Discus	2	12:46	
		Saturday	100 Metres	Track	14:16	
		Sunday	Long Jump	4	10:11	
		Sunday	Shot Put	3	11:49	
		Sunday	800 Metres	Track		
U9 Girls	Pink	Saturday	60 Hurdles	Track	9:00	1
		Saturday	Long Jump	3	10:29	
		Saturday	100 Metres	Track	13:59	
		Saturday	Shot Put	1	15:23	
		Sunday	Discus	1	11:48	
		Sunday	800 Metres	Track		
U9 Girls	Red	Saturday	60 Hurdles	Track	9:00	2
		Saturday	Long Jump	1	10:29	
		Saturday	Shot Put	1	12:24	
		Saturday	100 Metres	Track	13:59	
		Sunday	Discus	1	13:18	
		Sunday	800 Metres	Track		
U10 Boys	Aqua	Saturday	60 Hurdles	Track	9:53	6
		Saturday	Shot Put	1	10:59	
		Saturday	Long Jump	3	15:12	
		Sunday	200 Metres	Track	9:17	
		Sunday	Discus	3	10:57	
		Sunday	800 Metres	Track		
U10 Boys	Green	Saturday	60 Hurdles	Track	9:53	1
		Saturday	Shot Put	3	12:28	
		Saturday	Long Jump	1	15:12	
		Sunday	200 Metres	Track	9:17	
		Sunday	Discus	3	9:34	
		Sunday	800 Metres	Track		

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Age Group	Colour	Day	Event	Area	Time	Meeting Point
U10 Girls	Berry	Saturday	60 Hurdles	Track	9:35	4
		Saturday	Long Jump	2	11:45	
		Saturday	Shot Put	1	13:51	
		Sunday	200 Metres	Track	9:00	
		Sunday	Discus	2	9:40	
		Sunday	800 Metres	Track		
U10 Girls	Orange	Saturday	60 Hurdles	Track	9:35	5
		Saturday	Shot Put	2	12:39	
		Saturday	Long Jump	2	15:12	
		Sunday	200 Metres	Track	9:00	
		Sunday	Discus	2	11:12	
		Sunday	800 Metres	Track		
U11 Boys	Blue	Saturday	80 Hurdles	Track	10:45	4
		Saturday	Discus	3	13:33	
		Saturday	100 Metres	Track	14:49	
		Saturday	Long Jump	4	15:52	
		Sunday	Shot Put	2	9:00	
		Sunday	800 Metres	Track		
U11 Boys	Yellow	Saturday	80 Hurdles	Track	10:45	5
		Saturday	Long Jump	4	11:39	
		Saturday	100 Metres	Track	14:49	
		Saturday	Discus	3	15:18	
		Sunday	Shot Put	2	10:25	
		Sunday	800 Metres	Track		
U11 Girls	Aqua	Saturday	80 Hurdles	Track	10:28	1
		Saturday	Shot Put	2	11:10	
		Saturday	100 Metres	Track	14:31	
		Saturday	Discus	1	14:57	
		Sunday	Long Jump	2	11:52	
		Sunday	800 Metres	Track		
U11 Girls	Gold	Saturday	80 Hurdles	Track	10:28	2
		Saturday	Shot Put	3	10:58	
		Saturday	100 Metres	Track	14:31	
		Saturday	Discus	2	15:23	
		Sunday	Long Jump	4	11:49	
		Sunday	800 Metres	Track		
U12 Boys	Green	Saturday	80 Hurdles	Track	11:16	2
		Saturday	Long Jump	1	12:19	
		Saturday	Shot Put	2	16:27	
		Sunday	Discus	2	8:30	
		Sunday	200 Metres	Track	9:50	
		Sunday	800 Metres	Track		

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U12 Boys	Orange	Saturday	80 Hurdles	Track	11:16	3
		Saturday	Long Jump	3	12:22	
		Saturday	Shot Put	3	13:51	
		Sunday	200 Metres	Track	9:50	
		Sunday	Discus	2	12:42	
		Sunday	800 Metres	Track		
U12 Girls	Pink	Saturday	80 Hurdles	Track	11:03	6
		Saturday	Long Jump	3	13:50	
		Saturday	Shot Put	3	16:25	
		Sunday	Discus	3	8:30	
		Sunday	200 Metres	Track	9:35	
		Sunday	800 Metres	Track		
U12 Girls	Yellow	Saturday	80 Hurdles	Track	11:03	1
		Saturday	Long Jump	1	13:50	
		Saturday	Shot Put	3	17:29	
		Sunday	200 Metres	Track	9:35	
		Sunday	Discus	3	12:22	
		Sunday	800 Metres	Track		
U13 Boys	Aqua	Saturday	Long Jump	2	9:00	3
		Saturday	Discus	1	9:53	
		Saturday	80 Hurdles	Track	11:46	
		Saturday	100 Metres	Track	15:16	
		Sunday	Shot Put	1	9:00	
		Sunday	800 Metres	Track		
U13 Boys	Red	Saturday	Discus	1	9:00	4
		Saturday	Long Jump	4	10:44	
		Saturday	80 Hurdles	Track	11:46	
		Saturday	100 Metres	Track	15:16	
		Sunday	Shot Put	1	9:46	
		Sunday	800 Metres	Track		
U13 Girls	Berry	Saturday	Shot Put	1	9:00	5
		Saturday	Discus	2	10:47	
		Saturday	80 Hurdles	Track	11:34	
		Saturday	100 Metres	Track	15:04	
		Sunday	Long Jump	1	10:20	
		Sunday	800 Metres	Track		
U13 Girls	Orange	Saturday	Shot Put	1	9:59	4
		Saturday	80 Hurdles	Track	11:34	
		Saturday	Discus	2	11:47	
		Saturday	100 Metres	Track	15:04	
		Sunday	Long Jump	1	11:36	
		Sunday	800 Metres	Track		

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U14 Boys	Blue	Saturday	Discus	2	9:00	6
		Saturday	90 Hurdles	Track	12:11	
		Saturday	Long Jump	3	16:59	
		Sunday	200 Metres	Track	10:17	
		Sunday	Shot Put	1	11:22	
		Sunday	800 Metres	Track		
U14 Boys	Yellow	Saturday	Discus	2	9:55	2
		Saturday	90 Hurdles	Track	12:11	
		Saturday	Long Jump	1	16:56	
		Sunday	200 Metres	Track	10:17	
		Sunday	Shot Put	2	13:09	
		Sunday	800 Metres	Track		
U14 Girls	Aqua	Saturday	80 Hurdles	Track	11:56	5
		Saturday	Long Jump	4	13:26	
		Saturday	Discus	2	14:30	
		Sunday	200 Metres	Track	10:05	
		Sunday	Shot Put	1	10:29	
		Sunday	800 Metres	Track		
U14 Girls	Red	Saturday	80 Hurdles	Track	11:56	6
		Saturday	Discus	1	13:57	
		Saturday	Long Jump	4	14:48	
		Sunday	200 Metres	Track	10:05	
		Sunday	Shot Put	3	13:08	
		Sunday	800 Metres	Track		
U15 Boys	Green	Saturday	100 Hurdles	Track	12:34	2
		Saturday	High Jump	HJ	12:50	
		Saturday	100 Metres	Track	15:26	
		Saturday	Long Jump	3	18:09	
		Sunday	Javelin	JAV	10:10	
		Sunday	Discus	1	14:45	
U15 Boys	Gold	Saturday	100 Hurdles	Track	12:34	3
		Saturday	High Jump	HJ	14:12	
		Saturday	100 Metres	Track	15:26	
		Saturday	Long Jump	1	18:03	
		Sunday	Javelin	JAV	12:24	
		Sunday	Discus	1	15:36	
Sunday	800 Metres	Track				

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U15 Girls	Yellow	Saturday	90 Hurdles	Track	12:21	1
		Saturday	Javelin	JAV	12:50	
		Saturday	200 Metres	Track	16:44	
		Saturday	Shot Put	1	17:03	
		Sunday	High Jump	HJ	9:00	
		Sunday	Long Jump	3	11:30	
		Sunday	800 Metres	Track		
U17 Boys	Blue	Saturday	Javelin	JAV	10:00	5
		Saturday	110 Hurdles	Track	12:56	
		Saturday	100 Metres	Track	15:36	
		Saturday	Long Jump	2	17:05	
		Sunday	High Jump	HJ	10:42	
		Sunday	Discus	2	13:51	
		Sunday	800 Metres	Track		
U17 Boys	Red	Saturday	Javelin	JAV	11:19	4
		Saturday	110 Hurdles	Track	12:56	
		Saturday	Long Jump	2	13:41	
		Saturday	100 Metres	Track	15:36	
		Sunday	High Jump	HJ	12:24	
		Sunday	Discus	2	14:52	
		Sunday	800 Metres	Track		
U17 Girls	Gold	Saturday	High Jump	HJ	9:00	1
		Saturday	100 Hurdles	Track	12:44	
		Saturday	Shot Put	2	14:09	
		Saturday	200 Metres	Track	16:51	
		Sunday	Javelin	JAV	9:00	
		Sunday	Long Jump	3	10:20	
		Sunday	800 Metres	Track		
U17 Girls	Green	Saturday	High Jump	HJ	10:30	3
		Saturday	100 Hurdles	Track	12:44	
		Saturday	200 Metres	Track	16:51	
		Saturday	Shot Put	2	17:38	
		Sunday	Javelin	JAV	11:14	
		Sunday	Long Jump	3	12:49	
		Sunday	800 Metres	Track		
Under 20 Men	Blue	Saturday	Javelin	JAV	10:00	5
		Saturday	100 Metres	Track	15:46	
		Saturday	Long Jump	2	17:05	
		Sunday	High Jump	HJ	10:42	
		Sunday	Discus	2	13:51	
		Sunday	800 Metres	Track		

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Age Group	Colour	Day	Event	Area	Time	Meeting Point
Under 20 Women	Gold	Saturday	High Jump	HJ	9:00	1
		Saturday	Shot Put	2	14:09	
		Saturday	200 Metres	Track	16:59	
		Sunday	Javelin	JAV	9:00	
		Sunday	Long Jump	3	10:20	
		Sunday	800 Metres	Track		
Open Men	Red	Saturday	Javelin	JAV	11:19	4
		Saturday	Long Jump	2	13:41	
		Saturday	100 Metres	Track	15:49	
		Sunday	High Jump	HJ	12:24	
		Sunday	Discus	2	14:52	
		Sunday	800 Metres	Track		
Open Women	Green	Saturday	High Jump	HJ	10:30	3
		Saturday	200 Metres	Track	17:01	
		Saturday	Shot Put	2	17:38	
		Sunday	Javelin	JAV	11:14	
		Sunday	Long Jump	3	12:49	
		Sunday	800 Metres	Track		