

	<b>Category</b>	<b>Event</b>
12:00	Junior/U23 Women	Steeplechase
12:20	Junior/U23 Men + Women	3000m Walk
12:45	Junior/U23 Men	Steeplechase
13:00	Junior + U23 Women	100m Hurdles
	Junior + U23 Men	110m Hurdles
13:20	Junior + U23 Women	3000m
	Junior + U23 Men	5000m
14:00	Junior + U23 Women	200m
	Junior + U23 Men	200m
14:20	Junior + U23 Women	400m Hurdles
	Junior + U23 Men	400m Hurdles
14:30	Junior + U23 Women	800m
	Junior + U23 Men	800m
14:45	Junior + U23 Women	100m
	Junior + U23 Men	100m
15:00	Junior + U23 Women	400m
	Junior + U23 Men	400m
15:20	Junior + U23 Women	1500m
	Junior + U23 Men	1500m
15:30		Relays

#### Event Order (Jumps)

	<b>Event</b>	<b>Event</b>
11:00		Pole Vault (Junior/U23 M+W + CB)
12:00	High Jump (Junior + U23 Men)	Long Jump (Junior + U23 Women) + CB
13:00	High Jump (Junior + U23 Women)	Long Jump (Junior + U23 Men)
14:00	Triple Jump (Junior/U23 M+W)	

#### Event Order (Throws)

	<b>Event</b>
11:00	Hammer (Junior/U23 Men)
11:30	Hammer (Junior/U23 Women)
12:00	Discus (Junior + U23 Men + CB)
12:30	Discus (Junior + U23 Women)
13:00	Shot (Junior + U23 Men)
13:30	Shot (Junior + U23 Women)
14:00	Javelin (Junior + U23 Men) + CB
15:00	Javelin (Junior + U23 Women) + CB

all times are approximate and may be changed on the day