

Checkin Closes 90min out from event
Implements to be weighed in 50min pre Event

Track			Field	
10:00	60m Sprint	Women Heats	10:00	Triple Jump U20 & U23 Men
10:28	60m Sprint	Men Heats	11:30	Triple Jump U20 & U23 Women
11:05	1500m	Women Final		
11:15	1500m	Men Final	10:10	Shot Put (6kg/7.26kg) U20 & U23 Men
11:35	400m	Women Heats	11:40	Shot Put (4kg) U20 & U23 Women
12:10	400m	Men Heats		
12:50	60m Sprint	Women Final	11:30	High Jump U20 & U23 Men
13:00	60m Sprint	Men Final	13:00	High Jump U20 & U23 Women
13:25	800m	Women Heats		
13:40	800m	Men Heats	12:20	Pole Vault U20 & U23 Men
14:00	200m Sprint	Women Heats	14:50	Pole Vault U20 & U23 Women
14:45	200m Sprint	Men Heats		
15:35	3000m Walk	Women Final	13:00	Long Jump U20 Men
15:55	3000m Walk	Men Final	15:00	Long Jump U20 Women
16:15	60m Hurdles	Women Heats	16:30	Long Jump U23 Men & Women
16:30	60m Hurdles	Men Heats		
16:45	200m	Women Final	13:40	Weight (20lb/28lb) U20 & U23 Women
16:55	200m	Men Final	14:50	Weight (35lb) U20 & U23 Men
17:05	400m	Women Final		
17:15	400m	Men Final		
17:25	800m	Women Final		
17:35	800m	Men Final		
17:45	60m Hurdles	Women Final		
17:55	60m Hurdles	Men Final		
18:00	4x400m Relay	Women Final		
18:10	4x400m Relay	Men Final		

** Scheduled times
are **ONLY** a guide and
may change
the week of event **

Notes:

Women follow by Men, U20 follow by U23
If no heats are required, Final will be at
Heat Time
Timed Finals will be done if required for the
1500m & Relays

Callroom:

20 Minutes before Track Events
40 Minutes before Shot Put / Weight Throw
50 Minutes before Long / Triple Jump
65 Minutes before High Jump
80 Minutes before Pole Vault