

## Sunday 3rd March 2013

Start 10am

### Outer Track

#### RELAYS Start 10am

U12 4\*100m girls / boys

U14 4\*200m girls / boys

U16 4\*200m girls / boys

U18 4\*200m girls / and boys

#### 1500MS Start 11.30 APPROX

Girls U16/17 1500m

Boys U16/17 1500m

Girls U18/19 Senior 1500m

Boys U18/19 Senior 1500m

#### WALKS Start 12.15 pm APPROX

Girls U14/15 1000m WALKS

Boys U14/15 1000m WALKS

#### 400S Start 1PM pm APPROX

Girls U18 400m

Girls U19 / Senior 400m

Boys U18 400M

Boys U19 / Senior 400M

#### WALKS Start 2pm APPROX

Girls U16 to U19 1500m WALKS

Boys U16 to U19 1500m WALKS

#### 600s / 800s Start 2.30pm APPROX

Girls U12 600m

Boys U12 600m

Girls U13 600m

Boys U13 600m

Girls U14 800m

Boys U14 800m

Girls U15 800m

Boys U15 800m

Girls U16 800m

Boys U16 800m

Girls U17 800m

Boys U17 800m

Girls U18 800m

Boys U18 800m

Girls U19 /Senior800m

Boys U19 / Senior800m

#### 200s Start 4.30pm APPROX

Girls U16 200m

Boys U16 200m

Girls U17 200m

Boys U17 200m

Girls U18 200m

Boys U18 200m

Girls U19 / Senior200m

Boys U19 / Senior200m

#### 200s Start 5.30 pm APPROX

#### RELAYS

U13 4\*100m girls / boys

U15 4\*200m girls / boys

U17 4\*200m girls / boys

U19 4\*200m girls / and boys

### Inner Track

#### Sprints Start Approx 11.30am

Girls U18 60m **Final**

Boys U18 60m **Final**

Girls U19 60m **Final**

Boys U19 60m **Final**

Girls U12 60m

Boys U12 60m

Girls U13 60m

Boys U13 60m

Girls U14 60m

Boys U14 60m

Girls U15 60m

Boys U15 60m

Girls U16 60m

Boys U16 60m

Girls U17 60m

Boys U17 60m

#### Sprint Finals

Girls/Boys U12 - 17 60m

#### Hurdles Start Approx 1.30pm

##### hurdles heats followed by finals

Girls U13 60m Hurdles 2.3"

Boys U13 60m Hurdles 2.3"

Girls U14 60m Hurdles 2.3"

Boys U14 60m Hurdles 2.6"

Girls U15 60m Hurdles 2.6"

Boys U15 60m Hurdles 2.9"

Boys U16 60m Hurdles 2.9"

Girls U17 60m Hurdles 2.9"

Girls U18 60m Hurdles 2.9"

Girls U19 60m hurdles 2.9"

Boys U17 60m Hurdles 3.0"

Boys U18 60m Hurdles 3.0"

Boys U19 60m Hurdles 3.3"

### Field Events

#### High Jump Starts 10.30am

Girls U17 /18/19

Boys U17 /18/19

Girls/Boys U16

Girls/Boys U12

Girls/Boys U13

Girls/Boys U14

Girls/Boys U15

#### Long Jump Pit 1 & 2 Starts 10.30am

Girls U12

Boys U12

Girls U13

Boys U13

Girls U17/18/19

Boys U17/18/19

Girls U14

Boys U14

Girls U15

Boys U15

Girls U16

Boys U16

#### Triple Jump (after LJ)

Girls U18/19

Boys U18/19

#### Shot Putt Starts 10.30am

Girls U18 / U19 **Girls and boys may be combined with weights**

Boys U18 / U19

Girls U16 / U17

Boys U16 / U17

Girls U15

Boys U15

Girls U14

Boys U14

Girls U13

Boys U13

Girls U12

Boys U12

Senior Athletes compete with U19