

Saturday 1st March 2014

TIME

TIME

Times are for guidance only
Events will follow in the sequence below

Outer Track

Inner Track

10AM

RELAYS

U12 4*100m girls / boys

U14 4*200m girls / boys

12 NOON

hurdles heats

Girls U13 60m Hurdles 2.3"

Boys U13 60m Hurdles 2.3"

Girls U14 60m Hurdles 2.3"

12 NOON

WALKS

Girls U14/15 1000m WALKS

Boys U14/15 1000m WALKS

hurdles finals of above

Boys U14 60m Hurdles 2.6"

Girls U15 60m Hurdles 2.6"

Boys U15 60m Hurdles 2.9"

hurdles finals of above

Girls U12 600m

Boys U12 600m

Girls U13 600m

Boys U13 600m

Girls U14 800m

Boys U14 800m

Girls U15 800m

Boys U15 800m

1.30pm

sprints heats followed by finals

Girls U12 60m

Boys U12 60m

Girls U13 60m

Boys U13 60m

Girls u14 60m

Boys U14 60m

Girls u15 60m

Boys U15 60m

4pm

RELAYS

U15 4*200m girls / boys

U13 4*100m girls / boys

FINISH 5PM

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Field Events

High Jump 2 Areas			Long Jump Pit 1 & 2		
10.30am	Girls/Boys	U12	10am	Girls	U15
	Girls/Boys	U13		Boys	U15
	Girls/Boys	U14		Girls	U12
	Girls/Boys	U15		Boys	U12
				Girls	U13
				Boys	U13
				Girls	U14
				Boys	U14

Shot Putt

Start at 11am continue in sequence

11am	Girls	U15
	Boys	U15
	Girls	U14
	Boys	U14
	Girls	U13
	Boys	U13
	Girls	U12
	Boys	U12

Sunday 2nd March 2014
times are for guidance only

events will follow in the sequence below

Outer Track

Inner Track

RELAYS

10am U18 4*200m girls / boys
U16 4*200m girls / and boys

11am Girls U18/19 400m
Boys U18/19 400m

11.30am Girls U16/17 1500m
Boys U16/17 1500m
Girls U18/19 1500m
Boys U18/19 1500m

WALKS

12noon Girls U16 to U19 1500m WALKS
Boys U16 to U19 1500m WALKS

12.30pm Girls U16 800m
Boys U16 800m
Girls U17 800m
Boys U17 800m
Girls U18/19 800m
Boys U18/19 800m

1.30pm Girls U16 200m
Boys U17 200m
Girls U18 200m
Boys U18 200m
Girls U19 200m
Boys U19 200m

RELAYS

3pm U17 4*200m girls / boys
U19 4*200m girls / and boys

finish 4pm

Senior Athletes compete with U19

11.30am Girls U16 60m
Boys U16 60m
Girls U17 60m
Boys U17 60m

Sprint Finals of above

Girls U18 60m **Final**
Boys U18 60m **Final**
Girls U19 60m **Final**
Boys U19 60m **Final**

hurdles heats followed by finals

1pm Girls U16 60m Hurdles 2.6"
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"
Girls U18 60m Hurdles 2.9"
Girls U19 60m hurdles 2.9"

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Field Events

High Jump 2 Areas			Long Jump Pit 1 & 2		
10.30am	Girls	U17 /18/19	11.30am	Girls	U17/18/19
	Boys	U17 /18/19		Boys	U17/18/19
	Girls/Boys	U16		Girls	U16
				Boys	U16
				Triple Jump (after LJ)	
				Girls	U18/19
				Boys	U18/19
				Shot Putt	
			12noon	Girls	U18 / U19
				Boys	U18 / U19
				Girls	U16 / U17
				Boys	U16 / U17

Girls and boys may be
combined with weights