

**Saturday 28th Feb 2015**

TIME

TIME

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

Outer Track

Inner Track

**RELAYS**

10AM U12 4\*100m girls / boys

12 NOON

**hurdles heats results decided on times**

Girls U13 60m Hurdles 2.3"  
Boys U13 60m Hurdles 2.3"

11.30pm Girls U12 600m  
Boys U12 600m  
Girls U13 600m  
Boys U13 600m

1.30pm

**sprints heats results decided on times**

Girls U13 60m  
Boys U13 60m  
Girls U12 60m  
Boys U12 60m

**RELAYS**

2.30pm U13 4\*100m girls / boys

**FINISH 4PM**

**Field Events**

**High Jump 2 Areas**

11.30am Girls U12  
12.30am Girls U13

11am  
11am  
12noon  
12noon

**Long Jump Pit 1 & 2**

Girls U12  
Boys U12  
Girls U13  
Boys U13

**Shot Putt**

Start at 11am continue in sequence

11am Girls U13  
Boys U13  
Girls U12  
Boys U12

## Sunday 1st March 2015

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events will follow in the sequence below

### Field Events

<b>High Jump 2 Areas</b>		
10.30am	Girls	U17 /18/19
	Boys	U17 /18/19
	Girls/Boys	U16
	Girls	U15
	Boys	U15
	Girls	U14
	Boys	U14

<b>Pole Vault</b>		
10.00am		
<b>Long Jump Pit 1 &amp; 2</b>		
11.30am	Girls	U17/18/19
	Boys	U17/18/19
	Girls	U16
	Boys	U16
	Girls	U15
	Boys	U15
	Girls	U14
	Boys	U14

<b>Triple Jump (after LJ)</b>		
	Girls	U18/19
	Boys	U18/19

<b>Shot Putt</b>		
12noon	Girls	U18 / U19
	Boys	U18 / U19
	Girls	U16 / U17
	Boys	U16 / U17
	Girls	U15
	Boys	U15
	Girls	U14
	Boys	U14

**Girls and boys may be  
combined with weights**

**Sunday 1st March 2015**

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**Outer Track**

**Inner Track**

**RELAYS**

10.00am U18 4\*200m girls / boys  
10.20m U16 4\*200m girls / and boys  
11.00am U14 4\*200m girls / and boys

11.30am Girls U18/19 400m  
Boys U18/19 400m

12.00pm Girls U16/17 1500m  
Boys U16/17 1500m  
Girls U18/19 1500m  
Boys U18/19 1500m

**WALKS**

12.40pm Girls U14/15 1000m WALKS  
Boys U14/15 1000m WALKS  
Girls U16 to U19 1500m WALKS  
Boys U16 to U19 1500m WALKS

1.30pm Girls U16 800m  
Boys U16 800m  
Girls U17 800m  
Boys U17 800m  
Girls U18/19 800m  
Boys U18/19 800m  
Girls U14 800m  
Boys U14 800m  
Girls U15 800m  
Boys U15 800m

3.00pm Girls U16 200m  
Boys U16 200m  
Girls U17 200m  
Boys U17 200m  
Girls U18 200m  
Boys U18 200m  
Girls U19 200m  
Boys U19 200m

**RELAYS**

4pm U15 4\*200m girls / boys  
U17 4\*200m girls / boys  
U19 4\*200m girls / and boys

finish 4.30pm

**Senior Athletes compete with U19**

**60ms heats results decided on times**

11.30am Girls U14 60m  
Boys U14 60m  
Girls U15 60m  
Boys U15 60m  
Girls U16 60m  
Boys U16 60m  
Girls U17 60m  
Boys U17 60m  
Girls U18 60m  
Boys U18 60m  
Girls U19 60m  
Boys U19 60m

**hurdles heats results decided on times**

2.30pm Girls U14 60m Hurdles 2.3"  
Boys U14 60m Hurdles 2.6"  
Girls U15 60m Hurdles 2.6"  
Girls U16 60m Hurdles 2.6"  
Girls U17 60m Hurdles 2.6"  
Girls U18 60m Hurdles 2.6"  
Boys U15 60m Hurdles 2.9"  
Boys U16 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"