DATE: 07-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

CHECK-IN: CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

NOTE: THE TIMETABLE IS DESIGNED TO GIVE ATHLETES AND PARENTS AN INDICATION OF WHEN EVENTS WILL TAKE PLACE. EVENTS MAY TAKE PLACE UP TO 30 MINUTES BEFORE THE SCHEDULED TIME. PLEASE LISTEN CAREFULLY TO PUBLIC ADDRESS ANNOUNCEMENTS ON THE DAY

	Day 1			
Event	Age	Gender	Check-In Time	Race Time
1500m	U14 - U19	Male & Female	0945	1
* U14 and U15 will be run on their own				
* U16 and above may be combined depending of	n the number of entrants			
Long Hurdles	U15 - U19	Male & Female	1000	1
* will be run as a straight final if no more than 8	entrants per race			
* qualifers for final will be based on finishing pos		e determined once w	e know how many	heats are
required.			,	
Sprints 100m - Heats (Gym Side)	U15 - U19	Male	1045	
* will be run as a straight final if no more than 8	entrants per race			
* qualifers for semifinal or final will be based on	· ·	ch and will be determ	ined once we know	y how many he
are required.	,			
Sprints 100m - Heats (River Side)	U15 - U19	Female	1045	
* will be run as a straight final if no more than 8		remate	10-13	-
* qualifers for semifinal or final will be based on		ch and will he determ	ined once we know	, how many he
are required.	Jillistillig positions in each each	cii uliu wiii be deteriii	illed office we know	Thow many ne
Sprint Hurdles (River Side)	U13 - U14	Male & Female	1145	
. ,		iviale & remale	1145	1
* will be run as a straight final if no more than 8				
* qualifers for final will be based on finishing pos	itions in each each and will b	e aeterminea once wi	e know now many	neats are
required.				
600m	U12 - U13	Male & Female	1245	1
* each heat will have a maximum of 15 athletes				
* each heat will be treated as an individual final				
400m - Heats U17 to U19 Male & Female	U17 - U19	Male & Female	1345	1
* will be run as a straight final if no more than 8	· ·			
* qualifers for final will be based on finishing pos	itions in each each and will b	e determined once w	e know how many	heats are
required.				
Sprints 100m - SemiFinals (Gym Side)	U15 - U19	Male & Female	1500	1
* if required; may be a final depending on the nu	mber of heats			
* qualifers for semi finals will be based on finishi	ng positions in each each and	l will be determined o	nce we know how	many heats ar
required.				
Sprint Hurdles Finals (River Side)	U13 - U14	Male & Female	1500	1
* if required				
400m - Finals	U17 - U19	Male & Female	1545	1
* if required				
Sprints - Finals (River Side)	U15 - U19	Male & Female	1615	1
* if required				
Where multiple age groups are shown for the sa	me discipline we will start wi	th the youngest age	group and work up	
Older age groups may be grouped depending on		/	, , a	
With the exception of Walks there will be separa		even where ages are	grouned	
Entrants in the hurdles need to be proficient in t		. even whele ages alt	. B. oupeu.	
		and comi final to fina	Lwill be based so	ho individual
As no electronic timing is available, qualifers from				
finishing positions in the heat or semi-final and t			nais will have the t	op 4 in each
qualify for the final; 4 semi-finals will have the to	op 2 in each to quality for the	final).		





Event	Age	Gender	Check-In Time Race Time	
Long Jump - Pit 1	U15 & U17	Male	0945	1015
Long Jump - Pit 2	U16, U18 & U19	Female	0945	1015
Long Jump - Pit 1	U12	Male	1045	1130
Long Jump - Pit 2	U12	Female	1045	1130
Long Jump - Pit 1	U14	Male	1330	1415
Long Jump - Pit 2	U14	Female	1330	1415
Shot Put	U12	Female	0945	1015
Shot Put	U13	Female	1015	1115
Shot Put	U14 - U15	Female	1115	1215
Shot Put	U16 - U19	Female	1215	1315

DATE: 14-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

CHECK-IN: CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

NOTE: THE TIMETABLE IS DESIGNED TO GIVE ATHLETES AND PARENTS AN INDICATION OF WHEN EVENTS WILL TAKE PLACE. EVENTS MAY TAKE PLACE UP TO 30 MINUTES BEFORE THE SCHEDULED TIME. PLEASE LISTEN CAREFULLY TO PUBLIC ADDRESS ANNOUNCEMENTS ON THE DAY

	Day 2	Candan	Charle In Times   Base	Time
<b>Event</b> 3000m	<b>Age</b> U16 - U19	Gender Male & Female	Check-In Time Race	100
* U16 will be run on their own				
* U17 and above may be combined depending or	n the number of entrants			
Sprints 200m - Heats	U14 - U19	Male & Female	1000	104
* will be run as a straight final if no more than 8	entrants per race			
* qualifers for final will be based on finishing pos	itions in each each and will b	e determined once w	e know how many heats	are
required.				
Sprint Hurdles (River Side)	U15 - U19	Male & Female	1045	114
*Finals will take place directly after the heats for	all age groups			
* Hurdles for different age groups may take plac	e at the same time depending	g on the number of e	ntrants	
* qualifers for final will be based on finishing pos	itions in each each and will b	e determined once w	e know how many heats	are
Sprints 60m & 80m- Heats (Gym Side)	U12-U14	Male & Female	1045	11
* if required; may be a final depending on the nu	mber of heats			
* qualifers for semi finals will be based on finishi	ng positions in each each and	l will be determined o	nce we know how many	heats are
required.				
* U12 girls semi-finals may take place at the end	of U14 heats			
800m	U14 - U19	Male & Female	1200	13
* w#ill be run as a straight final if there are no m	ore than 16 entrants per race	e		
200m - Finals (River Side)	U14 - U19	Male & Female	1345	14
* if required				
7 1	U12-U14	Male & Female	1400	14
Sprints 60m & 80m - SemiFinals (River Side)				
Sprints 60m & 80m - SemiFinals (River Side)  * qualifiers for the final will either be top 4 from	two semi-finals or top 2 from			
Sprints 60m & 80m - SemiFinals (River Side)	two semi-finals or top 2 from			rants over
Sprints 60m & 80m - SemiFinals (River Side)  * qualifiers for the final will either be top 4 from * may be run as a final depending on the number Walks	two semi-finals or top 2 from r of heats U14 - U19	four semi-finals depe	ending on how many ent	rants overa
Sprints 60m & 80m - SemiFinals (River Side)  * qualifiers for the final will either be top 4 from * may be run as a final depending on the number Walks * may take place as one overall event across all of	two semi-finals or top 2 from r of heats U14 - U19	four semi-finals depe	ending on how many ent	rants overa
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks  * may take place as one overall event across all deceived.	two semi-finals or top 2 from r of heats U14 - U19	four semi-finals depe	ending on how many ent	rants overd 15 s are
* qualifiers for the final will either be top 4 from may be run as a final depending on the number Walks	two semi-finals or top 2 from r of heats U14 - U19 distances and genders depend	Male & Female ding on numbers. Wil	ending on how many ent 1415 I be clarified after entrie	15
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number Walks  * may take place as one overall event across all deceived.  Sprints - Finals (River Side)	two semi-finals or top 2 from r of heats U14 - U19 distances and genders depend	Male & Female ding on numbers. Wil	ending on how many ent 1415 I be clarified after entrie 1545	rants overd 15 s are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all depending on the number.  Sprints - Finals (River Side) * if required  800m - Final	two semi-finals or top 2 from r of heats U14 - U19 distances and genders depend U12-U14	Male & Female ding on numbers. Wil	ending on how many ent 1415 I be clarified after entrie	15 are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all a received.  Sprints - Finals (River Side) * if required  800m - Final * if required	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent  U12-U14  U14 - U19	Male & Female ding on numbers. Wil  Male & Female  Male & Female	1415 I be clarified after entrie 1545 1615	15 are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all a received.  Sprints - Finals (River Side) * if required  800m - Final * if required  Where multiple age groups are shown for the sa	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent of the unit of the	Male & Female ding on numbers. Wil  Male & Female  Male & Female	1415 I be clarified after entrie 1545 1615	15 are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all a received.  Sprints - Finals (River Side) * if required  800m - Final * if required  Where multiple age groups are shown for the sa Older age groups may be grouped depending on	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent of the unit of the	Male & Female ding on numbers. Wil  Male & Female  Male & Female  Male & Female	1415 I be clarified after entrie 1545 1615 group and work up.	15 are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all of received.  Sprints - Finals (River Side) * if required  800m - Final * if required  Where multiple age groups are shown for the sa Older age groups may be grouped depending on With the exception of Walks there will be separate	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent of the semi-finals or top 2 from r of heats  U12-U14  U14 - U19  Ime discipline we will start with numbers. Sete races for male and female	Male & Female ding on numbers. Wil  Male & Female  Male & Female  Male & Female	1415 I be clarified after entrie 1545 1615 group and work up.	15 s are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number. Walks  * may take place as one overall event across all a received.  Sprints - Finals (River Side)  * if required  800m - Final  * if required  Where multiple age groups are shown for the sa Older age groups may be grouped depending on With the exception of Walks there will be separa Entrants in the hurdles need to be proficient in the same of th	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent of the unit of the	Male & Female ding on numbers. Wil  Male & Female Male & Female  Male & Female ith the youngest age goes even where ages are	1415 I be clarified after entrie 1545 1615 group and work up.	15 s are
* qualifiers for the final will either be top 4 from * may be run as a final depending on the number.  Walks * may take place as one overall event across all of received.  Sprints - Finals (River Side) * if required  800m - Final * if required  Where multiple age groups are shown for the sa Older age groups may be grouped depending on With the exception of Walks there will be separate	two semi-finals or top 2 from r of heats  U14 - U19 distances and genders dependent of the unit of the	Male & Female ding on numbers. Wil  Male & Female Male & Female  Male & Female ith the youngest age go e even where ages are and semi-final to final	1415 I be clarified after entrie 1545 1615 group and work up. e grouped. I will be based on the in	1: s are



Event	Age	Gender	Check-In Time Race Time	
Long Jump - Pit 1	U13	Male	0945	1015
Long Jump - Pit 2	U13	Female	0945	1015
Long Jump - Pit 1	U15 & U17	Female	1100	1200
Long Jump - Pit 2	U16, U18 & U19	Male	1100	1230
Triple Jump - Pit 1	U15 - U19	Male	1330	1500
Triple Jump - Pit 1	U16 - U19	Female	1330	1500
Shot Put	U12		0945	1015
Shot Put	U13		1015	1115
Shot Put	U14 - U15		1115	1215
Shot Put	U16 - U19		1215	1315

Entrants in the triple jump must be competent at the discipline. It will be at the discretion of the triple jump referee to remove somebody from the competition if he/she believes the athlete is unable to complete the event in a safe manner.

DATE: 21-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

CHECK-IN: CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

NOTE: THE TIMETABLE IS DESIGNED TO GIVE ATHLETES AND PARENTS AN INDICATION OF WHEN EVENTS WILL TAKE PLACE. EVENTS MAY TAKE PLACE UP TO 30 MINUTES BEFORE THE SCHEDULED TIME. PLEASE LISTEN CAREFULLY TO PUBLIC ADDRESS ANNOUNCEMENTS ON THE DAY

Event	Age	Gender	Check-In Time Race Time	9
4 * 400m relay	U17 - U19	Male & Female	0945	101
* All athletes in U17 4 * 400m relay must be b	oorn in 2007.			
* will be run as a straight final if no more than				
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.				
4 * 100m relay - Heats	U13, U15	Male & Female	1000	10
* will be run as a straight final if no more than				
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.				
4 * 100m relay	U17, U19	Male & Female	1100	11
* will be run as a straight final if no more than	· · · · · · · · · · · · · · · · · · ·			
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.				
4 * 100m relay - Finals	U13, U15	Male & Female	1215	12
* if required				
4 * 100m relay	U18	Male & Female	1245	13
* will be run as a straight final if no more than				
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.				
4 * 100m relay - Heats	U12	Male & Female	1300	13
* will be run as a straight final if no more than				
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.				
4 * 100m relay - Heats	U14	Male & Female	1345	14
* will be run as a straight final if no more than	•			
* qualifers for final will be based on finishing p	positions in each each and will b	e determined once w	e know how many heats are	
required.	114.6		4420	
4 * 100m relay	U16	Male & Female	1430	15
* will be run as a straight final if no more than				
* qualifers for final will be based on finishing p	positions in each each and will b	e aetermined once w	е кпоw how many heats are	
required.	114.2		4520	
4 * 100m relay - Finals	U12	Male & Female	1530	1!
* if required	114.4	NA-1- C 5 '	4	
4 * 100m relay - Finals	U14	Male & Female	1545	16
* if required			4400	
4 * 100m relay - Finals	U16	Male & Female	1600	16
* if required				
Relay teams will need to be entered in advan-	ce.			
•				
Athletes can run one year up in age for relays				
•	tes of the age running.			



Event	Age	Gender	Check-In Time Race Time	
Long Jump - Pit 1	U11	Female	0945	1015
Long Jump - Pit 2	U11	Male	0945	1015
Long Jump - Pit 1	U10	Female	1200	1230
Long Jump - Pit 2	U10	Male	1200	1230
Long Jump - Pit 1	U9	Female	1415	1445
Long Jump - Pit 2	U9	Male	1415	1445
Turbo Javelin	U9	Female	1000	1030
Turbo Javelin	U9	Male	1000	1030
Turbo Javelin	U11	Female	1215	1245
Turbo Javelin	U11	Male	1215	1245
Turbo Javelin	U10	Female	1415	1445
Turbo Javelin	U10	Male	1415	1445

DATE: 28-MAY-2023

VENUE: CASTLEISLAND ATHLETICS TRACK

CHECK-IN: CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

NOTE: THE TIMETABLE IS DESIGNED TO GIVE ATHLETES AND PARENTS AN INDICATION OF WHEN EVENTS WILL TAKE PLACE. EVENTS MAY TAKE PLACE UP TO 30 MINUTES BEFORE THE SCHEDULED TIME. PLEASE LISTEN CAREFULLY TO PUBLIC ADDRESS ANNOUNCEMENTS ON THE DAY

Event	Age	Gender	Check-In Time Race 1	Time
Sprints 60m - Heats	U9	Male & Female	0930	
* Boys & Girls will be held on separate sites of the	e track			
* qualifers for semifinal will be based on finishing	positions in each each and	l will be determined ond	e we know how many he	ats (
required.				
Sprints 60m - Heats	U10	Male & Female	1000	
* Boys & Girls will be held on separate sites of the	e track			
* qualifers for semifinal will be based on finishing	positions in each each and	will be determined one	e we know how many he	ats
required.				
Sprints 60m - Heats	U11	Male & Female	1000	
* Boys & Girls will be held on separate sites of the	e track			
* qualifers for semifinal will be based on finishing	positions in each each and	will be determined one	e we know how many he	ats
required.				
Sprints 60m - SemiFinal	U9	Male & Female	1145	
* Boys & Girls will be held on separate sites of the				
* qualifers for final will be based on finishing posi	tions in each each and will	be determined once we	know how many SemiFir	nal
required.				
Sprints 60m - SemiFinal	U10	Male & Female	1215	
* Boys & Girls will be held on separate sites of the	e track			
* qualifers for final will be based on finishing posi	tions in each each and will	be determined once we	know how many SemiFir	nal
required.				
Sprints 60m - SemiFinal	U11	Male & Female	1245	
* Boys & Girls will be held on separate sites of the				
* qualifers for final will be based on finishing posi	tions in each each and will	be determined once we	know how many SemiFir	nal
required.				
,				
300m	U9	Male & Female	1315	
300m * each heat will have a maximum of 15 athletes				
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final o	and medals distributed for t	the top three in each ra	ce	
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m				
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes	und medals distributed for t	the top three in each rac Male & Female	ne 1345	
300m  * each heat will have a maximum of 15 athletes  * each heat will be treated as an individual final of 500m  * each heat will have a maximum of 15 athletes  * each heat will be treated as an individual final of	und medals distributed for t U10 und medals distributed for t	the top three in each raid Male & Female The top three in each raid	1345 ne	
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m	und medals distributed for t	the top three in each rac Male & Female	ne 1345	
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes	und medals distributed for to U10 und medals distributed for to U11	Male & Female the top three in each rac the top three in each rac Male & Female	1345 26e 1415	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to	the top three in each rai Male & Female the top three in each rai Male & Female	1345 ce 1415	
300m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to U9	Male & Female the top three in each rac the top three in each rac Male & Female	1345 26e 1415	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to U9 teams per race	Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female	1345 ce 1415 ce 1430	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posi	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to U9 teams per race	Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female	1345 ce 1415 ce 1430	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required.	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to U9 teams per race tions in each each and will	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Male & Female	te 1345  te 1415  te 1430  know how many heats a	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required. Relay Heats	und medals distributed for to U10 und medals distributed for to U11 und medals distributed for to U9 teams per race tions in each each and will	Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female  the top three in each rai  Male & Female	1345 ce 1415 ce 1430	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * will be run as a straight final if no more than 8 to	und medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  be determined once we  Male & Female	1345  1415  1430  know how many heats a 1500	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive	und medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  be determined once we  Male & Female	1345  1415  1430  know how many heats a 1500	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive required.	and medals distributed for to U10  and medals distributed for to U11  and medals distributed for to U9  teams per race tions in each each and will  U10  teams per race tions in each each and will	Male & Female  the top three in each rai  Male & Female  Male & Female  the top three in each rai  Male & Female  be determined once we  Male & Female  be determined once we	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats Relay Heats Relay Heats	and medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will U10 teams per race tions in each each and will U11	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  be determined once we  Male & Female	1345  1415  1430  know how many heats a 1500	
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required. Relay Heats * will be run as a straight final if no more than 8 to	und medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will  U11 teams per race	Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Be determined once we  Male & Female  be determined once we  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive requires for final will be based on finishing positive requir	und medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will  U11 teams per race	Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Be determined once we  Male & Female  be determined once we  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required.  Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posite required.	and medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will  U11 teams per race tions in each each and will  U11 teams per race tions in each each and will	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Be determined once we  Male & Female  be determined once we  Male & Female  be determined once we  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530  know how many heats a 1530  know how many heats a	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Sprints 60m - Final	und medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will  U11 teams per race	Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Be determined once we  Male & Female  be determined once we  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posi required. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posi required. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing posi required. Sepints 60m - Final * all finals will be run on one side of the track	and medals distributed for to U10  Ind medals distributed for to U11  Ind medals distributed for to U9  Iterams per race Itions in each each and will  U10 Iterams per race Itions in each each and will  U11 Iterams per race Itions in each each and will  U11 Iterams per race Itions in each each and will  U11 Iterams per race Itions in each each and will  U9-U11	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  The determined once we  Male & Female  The determined once we  Male & Female  The top three in each rai  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530  know how many heats a 1530  know how many heats a 1530	are
* each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 500m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of 600m * each heat will have a maximum of 15 athletes * each heat will have a maximum of 15 athletes * each heat will be treated as an individual final of Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Relay Heats * will be run as a straight final if no more than 8 to * qualifers for final will be based on finishing positive. Sprints 60m - Final	and medals distributed for to U10  und medals distributed for to U11  und medals distributed for to U9  teams per race tions in each each and will  U10 teams per race tions in each each and will  U11 teams per race tions in each each and will  U11 teams per race tions in each each and will	Male & Female  the top three in each rai  Male & Female  The top three in each rai  Male & Female  The top three in each rai  Male & Female  Be determined once we  Male & Female  be determined once we  Male & Female  be determined once we  Male & Female	tee 1345  tee 1415  tee 1430  know how many heats a 1500  know how many heats a 1530  know how many heats a 1530  know how many heats a	are

Substitutes must be in attendance if they wish to be awarded a medal.



Event	Age	Gender	Check-In Time Race Time	
Hammer	U14-U19	Male & Female	0915 0930	
High Jump	U12-U13	Female	1000	1030
High Jump	U14-U16	Female	1100	1130
High Jump	U17-U19	Female	1200	1230
Turbo Javelin	U12	Male	1000	1030
Javelin	U13-U15	Male	1100	1130
Javelin	U16-U19	Male	1145	1215
Discus	U14-U19	Male & Female	1230	1300
High Jump	U12-U13	Male	1300	1330
High Jump	U14-U16	Male	1400	1430
High Jump	U17-U19	Male	1500	1530
Turbo Javelin	U12	Female	1345	1415
Javelin	U13-U14	Female	1515	1545
Javelin	U15-U19	Female	1615	1645
Pole Vault	U15-U19	Male & Female	1030	1100