

Sunday 29th March

Time	Track		Jumps		Throws		
			Long Jump	High Jump	Shot Put	Discus	Javelin
10:00	75m	U11G		U17W & J/S/V Women			
10:05		U11B					
10:10	100m	U13G					
10:15		U13B					
10:20		U15G					
10:25		U15B					
10:30		U17W	U11G				U11B
10:35		U17M					
10:40		J/S/V Women					
10:45	J/S/V Men						
10:50							
10:55	1500m	U13G		U17M & J/S/V Men			
11:00							U11G
11:05		U13B					
11:10							
11:15		U15G	U11B				
11:20							
11:25		U15B					
11:30					U17W & J/S/V Women		
11:35		U17W					
11:40							
11:45		U17M		U13B & U15B			
11:50							
11:55	J/S/V Women						
12:00				U13G & U15G			
12:05	J/S/V Men						
12:10							
12:15	600m	U11G					
12:20							
12:25		U11B					
12:30	Lunch						
13:30	300m	U15G					
13:35	400m	U15B					
13:40		U17W		U13G & U15G			
13:45		U17M			U13B & U15B		
13:50		J/S/V Women					
13:55		J/S/V Men					
14:00							
14:05							
14:10							
14:15							
14:20	(Set up hurdles)			U17M & J/S/V Men			
14:25							
14:30	Hurdles (Including take down time)	U13 and above					
14:35							
14:40							
14:45							
14:50							
14:55							
15:00							

Saturday 4th April

Time	Track		Jumps		Throws		
			Long Jump	High Jump	Shot Put	Discus	Javelin
10:00	75m	U11G	U17M & J/S/V Men				U17W & J/S/V Women
10:05		U11B					
10:10	200m	U13G					
10:15		U13B					
10:20		U15G					
10:25		U15B					
10:30		U17W					U11G & U11B
10:35		U17M					
10:40		J/S/V Women					
10:45		J/S/V Men					
10:50							
10:55	800m	U13G					
11:00			U11G & U11B				U17M & J/S/V Men
11:05		U13B					
11:10							
11:15		U15G					
11:20							
11:25		U15B					
11:30							U13G & U15G
11:35		U17W					
11:40							
11:45		U17M	U17W & J/S/V Women				
11:50							
11:55		J/S/V Women					
12:00						U13B & U15B	
12:05		J/S/V Men					
12:10							
12:15	600m	U11G					
12:20							
12:25		U11B					
12:30	Lunch (Set up hurdles)						
13:30	Hurdles (Including take down time)	U13 and above	U13B & U15B			U15G	
13:35							
13:40							
13:45						U17W & J/S/V Women	
13:50							
13:55							
14:00							
14:05							
14:10							
14:15	3000m	U17W & J/S/V Women	U13G & U15G			U17M & J/S/V Men	
14:20							
14:25							
14:30							
14:35			U17M & J/S/V Men				
14:40						U15B	
14:45							
14:50							
14:55							
15:00							