

Timetable - NAC Club Championships 2024

	Track		Field - Jumps		Field - Throws	
	Event	Age Group	Event	Age Group	Event	Age Group
10:00	1500m	U13 / U15	Long Jump	U13 / U15	Discus	U17 / U20 / Sen / Vet
		U17 / U20 / Sen / Vet				
10:30	50m	U9's				
10:40	75m	U11B / U11G			Javelin	U17 / U20 / Sen / Vet
11:00	100m	U13 / U15	Long Jump	U11B / U11G		
		U17 / U20 / Sen / Vet				
11:30	400m	U15				
		U17 / U20 / Sen / Vet				
12:00	600m	U11B / U11G	Long Jump	U17 / U20 / Sen / Vet	Javelin	U13 / U15
12:30	800m	U13 / U15	Triple Jump	U15 and above		
		U17 / U20 / Sen / Vet				
12:45			Lunch (Set up hurdles)			
13:20					Shot	U17 / U20 / Sen / Vet
13:30	Sprint Hurdles	U13 / U15	High Jump	U13 / U15	Howler Javelin	U11B / U11G
13:50	200m	U17 / U20 / Sen / Vet			Shot	U13 / U15
		U13 / U15				
14:00			High Jump	U17 / U20 / Sen / Vet		
14:20	3000m	U17 / U20 / Sen / Vet			Hammer	U17 / U20 / Sen / Vet