

Track Timetable - Saturday 12th September

Track Event	Registration	Arena Entry	Event Start	Age Group	Races
75m	11.00 - 11.35am	11.50 am	12.00pm	U13 Girls	1
100m	11.05 - 11.40am	12.00pm	12.10 pm	Sen & Master Women	2
100m	11.20 - 11.55am	12.15pm	12.25pm	Sen & Master Men	2
100m	11.35 - 12.10pm	12.30pm	12.40pm	U17 & U20 Women	2
100m	11.50 - 12.25pm	12.45pm	12.55pm	U17 & U20 Men	3
100m	12.10 - 12.45pm	1.05pm	1.15pm	U15 Girls	2
100m	12.25 - 1.00pm	1.20pm	1.30pm	U15 Boys	2
100m	12.40 - 1.15pm	1.35pm	1.45pm	U13 Boys	2
300m	11.45 - 12.25pm	1.55pm	2.05pm	U15 Boys	1
300m	1.15 - 1.50pm	2.05pm	2.15pm	U17 Women	1
400m	1.30 - 2.05pm	2.20pm	2.30pm	Sen & Master Women	2
400m	1.45 - 2.20pm	2.35pm	2.45pm	Sen & Master Men	2
400m	2.00 - 2.35pm	2.50pm	3.00pm	U20 Women	1
400m	2.05 - 2.40pm	3.00pm	3.10pm	U17 & U20 Men	2
150m	2.25 - 3.00pm	3.20pm	3.30pm	U13 Girls	2
200m	2.45 - 3.20pm	3.40pm	3.50pm	U13 Boys	2
200m	3.00 - 3.35pm	3.55pm	4.05pm	U15 Girls	2
200m	3.15 - 3.50pm	4.10pm	4.20pm	U15 Boys	2
200m	3.30 - 4.05pm	4.25pm	4.35pm	U17 & U20 Women	2
200m	3.40 - 4.15pm	4.40pm	4.50pm	Sen & Master Women	2
200m	4.00 - 4.35pm	4.55pm	5.05pm	Sen & Master Men	3
200m	4.10 - 4.45pm	5.15pm	5.25pm	U17 & U20 Men	2

Track Timetable - Sunday 13th September

Track Event	Registration	Arena Entry	Event Start	Age Group	Races
600m	11.20 - 11.55am	12.20pm	12.30pm	U13 Girls	1
800m	11.45 - 12.20pm	12.40pm	12.50pm	U15 Girls	2
800m	12.00 - 12.35pm	12.55pm	1.05pm	U13 & 15 Boys	1
800m	12.05 - 12.40pm	1.00pm	1.20pm	U17 Women	1
800m	12.25 - 1.00pm	1.20pm	1.30pm	U17 Men	1
800m	12.35 - 1.10pm	1.30pm	1.40pm	U20, Sen & Master Women	1
800m	12.45 - 1.20pm	1.40pm	1.50pm	U20, Sen & Master Men	2
1200m	1.05 - 1.40pm	2.00pm	2.10pm	U13 Girls	1
1500m	1.20 - 1.55pm	2.15pm	2.25pm	U13 Boys	1
1500m	1.35 - 2.10pm	2.30pm	2.40pm	U15 Girls	1
1500m	1.50 - 2.25pm	2.45pm	2.55pm	U15 Boys	1
1 Mile	2.10 - 2.45pm	3.05pm	3.15pm	U17 & U20 Women	1
1 Mile	2.25 - 3.00pm	3.20pm	3.30pm	U17 & U20 Men	1
1 Mile	2.40 - 3.15pm	3.35pm	3.45pm	Sen & Master Women	1
1 Mile	3.25 - 4.00pm	4.20pm	4.40pm	Sen & Master Men	2

Field Timetable - Saturday 12th & Sunday 13th September

Track Event	Registration	Arena Entry	Event Start	Age Group	Races
Saturday	Long Jump	11.15 - 11.45am	12.00pm	12.20pm	U17, U20, Sen & Master Women
Saturday	Hammer	12.05 - 12.35pm	12.50pm	1.10pm	U13, U15 & U17 (Male & Female)
Saturday	Long Jump	1.25 - 1.55pm	2.10pm	2.30pm	U20, Sen & Master Men
Saturday	Shot Put	2.15 - 2.45pm	3.00pm	3.20pm	U13 Boys & Girls
Saturday	Shot Put	3.15 - 3.45pm	4.00pm	3.55pm	U15 Boys & Girls
Saturday	Shot Put	4.00 - 4.30pm	4.45pm	4.40pm	U17 Men & Women
Sunday	Hammer	11.00 - 11.30am	11.40am	12.00pm	U20 Men & Women
Sunday	Long Jump	11.10 - 11.50am	12.00pm	12.20pm	U13 & U15 Girls
Sunday	Hammer	12.10 - 12.40pm	12.50pm	1.10pm	Sen & Master Women
Sunday	Hammer	1.10 - 1.50pm	2.00pm	2.20pm	Sen & Master Men
Sunday	Long Jump	1.30 - 2.00pm	2.10pm	2.30pm	U13 & U15 Boys
Sunday	Shot Put	2.30 - 3.00pm	3.10pm	3.30pm	U20 Men & Women
Sunday	Shot Put	3.15 - 3.45pm	3.55pm	4.15pm	Sen & Master Women
Sunday	Shot Put	4.00 - 4.30pm	4.40pm	5.00pm	Sen & Master Men