

Timetable Friday 7th June 2019

Track Events					Field Events			
Event Number	Time	Event	Progress	Age Group	Event Number	Time	Event	Age Group
1	11:00am	800m	4 heats	Girls D	1	09:30am	Hammer	Boys A/B
2	11:15am	800m	3 heats	Boys D	2	10:30am	Hammer	Girls A/B
3	11:25am	800m	3 heats	Girls C	3	11:00am	High Jump	Girls C
4	11:40am	800m	2 heats	Boys C	4		Shot Putt	Girls D
5	12:00pm	100m	4 heats	Girls B	5		Long Jump	Boys C
6	12:15pm	100m	5 heats	Boys B	6	12:00pm	Long Jump	Boys A
7	12:35pm	100m	3 heats	Boys A	7		Shot Putt	Boys C
8	12:50pm	100m	3 heats	Girls A	8		Javelin	Boys B
9	1:00pm	3000m	Final	Girls A/B	9	1:00pm	Long Jump	Girls C
10	1:20pm	100m	Semi-final	Girls B	10		High Jump	Boys B
11	1:30pm	100m	Semi-final	Boys B	11		Pole Vault	Girls A/B/C/D
12	1:40pm	800m	Final	Girls C	12		Pole Vault	Boys C/D
13	1:45pm	800m	Final	Boys C	13		Javelin	Girls B
14	1:50pm	300m	4 heats	Girls B	14	2:00pm	Shot Putt	Boys D
15	2:10pm	1500m	2 heats	Girls D	15		Long Jump	Girls A
16	2:25pm	1500m	3 heats	Boys D	16		Javelin	Girls A/ C
17	2:40pm	1500m	3 heats	Girls B	17	3:00pm	Shot Putt	Girls B
18	3:00pm	1500m	2 heats	Boys B	18		Discus	Boys D
19	3:15pm	1500m	Final	Girls A	19		Triple Jump	Boys B
20	3:22pm	1500m	Final	Boys A	20	4:00pm	High Jump	Girls D
21	3:25pm	100m	Final	Boys A	21		Discus	Boys A
22	3:30pm	100m	Final	Girls A	22		Shot Putt	Girls A
23	3:34pm	100m	Final	Girls B				
24	3:36pm	100m	Final	Boys B				
25	3:45pm	400m	3 heats	Boys B				
26	3:52pm	400m	2 heats	Girls A				
27	3:55pm	400m	2 heats	Boys A				
28	4:10pm	3000m	Final	Boys B				
29	4:20pm	80m Hurdles	3 heats	Girls B				
30	4:25pm	100m Hurdles	Final	Girls A				
31	4:30pm	100m Hurdles	2 heats	Boys B				
32	4:38pm	110m Hurdles	Final	Boys A				
33	4:40pm	200m	4 heats	Girls D				
34	4:50pm	200m	3 heats	Girls C				
35	5:00pm	200m	3 heats	Boys D				
36	5:05pm	200m	3 heats	Boys C				
37	5:15pm	1500m	Final	Girls B				
38	5:20pm	1500m	Final	Boys B				
39	5:30pm	300m	Final	Girls B				
40	5:40pm	200m	Semi-final	Girls D				
41	5:45pm	400m	Final	Boys B				
42	5:48pm	400m	Final	Girls A				
43	5:50pm	400m	Final	Boys A				
44	5:55pm	3000m	Final	Boys A				
45	6:15pm	100m Hurdles	Final	Boys B				
46	6:20pm	80m Hurdles	Final	Girls B				
47	6:30pm	200m	Final	Boys D				
48	6:48pm	200m	Final	Boys C				
49	6:51pm	200m	Final	Girls C				
50	6:54pm	200m	Final	Girls D				

NB

If heats are not required, Finals will be held at heat time.

If Semi-Finals are not required, Finals will be held at Final Time

This may have an effect on timings.

Please listen for announcements