

## Timetable Match 1

### TRACK

|         |               |                                                                                                                      |
|---------|---------------|----------------------------------------------------------------------------------------------------------------------|
| 11:00am | 110m Hurdles  | U20 /Sen Men                                                                                                         |
| 11:10am | 100m Hurdles  | U17M                                                                                                                 |
| 11:20am | 100 Hurdles   | Senior / U20 W                                                                                                       |
| 11:30am | 80m Hurdles   | U17W                                                                                                                 |
| 11:45pm | 800m          | Senior/U20/U17 Men<br>Senior/U20/U17 Men<br>Senior/U20/U17 Men<br>Senior/U20/U17 Men<br>Senior/U20/U17 Men           |
| 12:10pm | 800m          | Senior/U20/U17 Women<br>Senior/U20/U17 Women<br>Senior/U20/U17 Women<br>Senior/U20/U17 Women<br>Senior/U20/U17 Women |
| 12:45pm | 1500m SC      | U17 Men                                                                                                              |
|         |               | <b>Lunch Break</b>                                                                                                   |
| 13:30pm | 3000m SC      | Sen/U20 Men                                                                                                          |
| 13:50pm | 100m - Pool 1 | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
|         | 100m          | Senior/U20/U17 Men                                                                                                   |
| 14:30pm | 100m - Pool 2 | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
|         | 100m          | Senior/U20/U17 Women                                                                                                 |
| 15:05pm | 3000m         | U17 Women                                                                                                            |
| 15:25pm | 3000m         | U20/Senior Women                                                                                                     |
| 15:40pm | 3000m         | U17 Men                                                                                                              |
| 16:00pm | 3000m         | U20/Senior Men                                                                                                       |

### FIELD

|         |           |               |
|---------|-----------|---------------|
| 11:00am | Long Jump | U20/Sen Men   |
|         | Discus    | U17 Men       |
|         | Shot      | U17 Women     |
|         | High Jump | U20/Sen Women |
| 12:30pm | Long Jump | U20/Sen Women |
|         | Shot      | U20/Sen Men   |
|         | High Jump | U20/Sen Men   |
|         | Discus    | U20/Sen Women |
| 14:00pm | Discus    | U17 Women     |
|         | Shot      | U17 Men       |
|         | High Jump | U17 Men       |
|         | Long Jump | U17 Women     |
| 15:15pm | Discus    | U20/Sen Men   |
|         | Shot      | U20/Sen Women |
|         | Long Jump | U17 Men       |
|         | High Jump | U17 Women     |