

**Timetable Match 4****TRACK**

11:00am	300m Hurdles	U17 Women
11:10am	400m Hurdles	U20/Senior Women
11:20am	400m Hurdles	U17 Men
11:25am	400 Hurdles	U20 / Senior Men
11:30am	200m	Senior/U20/U17 Men
12:10pm	200m	Senior/U20/U17 Women
12:45pm	800m	All Men
13:05pm	800m	All Women
13:20pm		<b>LUNCH</b>
13:50pm	3000m	All Men
14:05pm	100m	Senior/U20/U17 Men
14:45pm	100m	Senior/U20/U17 Women
15:15pm	1500m	Senior/U20/U17 Men
15:30pm	1500m	Senior/U20/U17 Women
15:50pm	300m	U17 Women
16:10pm	400m	Senior/U20/U17 Men
16:30pm	400m	Senior/U20 Women

**FIELD**

11:00am	Long Jump	U17 Women
	Javelin	All Women
	Shot	U17 Men
11:45am	Pole Vault	All Men/Women
12:30pm	Javelin	All Men
	Long Jump	Sen/U20 Women
	Shot	U17 Women
	High Jump	All Men
14:00pm	Long Jump	All Men
	Shot	U20/Sen Men
	Discus	All Women
	High Jump	All Women
15:15pm	Shot	U20/Sen Women
	Triple Jump	All Men/Women
15:30pm	Discus	All Men

15:15pm	1500m	Senior/U20/U17 Men
15:30pm	1500m	Senior/U20/U17 Women
15:50pm	300m	U17 Women
15:10pm	400m	Senior/U20/U17 Men
15:30pm	400m	Senior/U20 Women