

	SESSION 1 9:15-9:35	SESSION 2 9:35- 9:55	SESSION 3 9:55-10:15	SESSION 4 10:15-10:35	SESSION 5 10:35-10:55	SESSION 6 10:55-11:15	SESSION 7 11:15-11:35	SESSION 8 11:35-11:55	
JAVELIN	Girls 17yo/ open	Boys 17yo/open	Boys 15/16yo	Girls 15/16yo	Girls 13yo	Boys 14yo	Girls 14yo	Boys 13yo	
SHOT PUT	Boys 13yo	Girls 17yo/ open	Boys 17yo/open	Boys 15/16yo	Girls 15/16yo	Girls 13yo	Boys 14yo	Girls 14yo	
DISCUS	Girls 14yo	Boys 13yo	Girls 17yo/ open	Boys 17yo/open	Boys 15/16yo	Girls 15/16yo	Girls 13yo	Boys 14yo	
HIGH JUMP	Boys 14yo	Girls 14yo	Boys 13yo	Girls 17yo/ open	Boys 17yo/open	Boys 15/16yo	Girls 15/16yo	Girls 13yo	
LONG JUMP	Girls 15/16yo	Girls 13yo	Boys 14yo	Girls 14yo	Boys 13yo	Girls 17yo/ open	Boys 17yo/open	Boys 15/16yo	
TRIPLE JUMP	Boys 15/16yo	Girls 15/16yo	Girls 13yo	Boys 14yo	Girls 14yo	Boys 13yo	Girls 17yo/ open	Boys 17yo/open	
BREAK	Boys 17yo/open Girls 13yo	Boys 14yo Boys 15/16yo	Girls 14yo Girls 15/16yo	Boys 13yo Girls 13yo	Girls 17yo/ open Boys 14yo	Boys 17yo/open Girls 14yo	Boys 15/16yo Boys 13yo	Girls 17yo/ open Girls 15/16yo	
800M	12:15-12:25								
100M	12:25- 12:40								
400 M	12:40- 1:05								
200M	1:05- 1:20								
1500 M	1:20- 1:30								
RELAYS	1:30- 2:00								