

Timetable Match 4**TRACK**

10:50am	10,000m	U20/Senior Men/Women
11.30am	300m Hurdles	U17 Women
11.40am	400m Hurdles	U20 / Senior Women
11.50am	400m Hurdles	U17M
11:55am	400m Hurdles	U20 / Senior Men
12.00 noon	400 Hurdles	U20 / Senior Men
12:10pm	200m - Pool 1	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
12:35pm	200m - Pool 2	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
	200m	Senior/U20/U17 Men
13:05pm	200m - Pool 3	Senior/U20/U17 Women
	200m	Senior/U20/U17 Women
	200m	Senior/U20/U17 Women
	200m	Senior/U20/U17 Women
	200m	Senior/U20/U17 Women
	200m	Senior/U20/U17 Women

FIELD

11:00am	Triple Jump	7m & 9m Board
	Shot	U17 Women
	Hammer	U17 Men
	High Jump	U20/Sen Men
12:00 noon	Pole Vault	All women
12:30pm	Triple Jump	9m, 11m & 13m
	Shot	U17 Men
	Hammer	U20/Sen Women
	High Jump	U17 Women
14:00pm	Long Jump	All Women
	Shot	U20/Sen Women
	High Jump	U17 Men
	Hammer	U20/Sen Men
	Pole Vault	All Men
15:15pm	Long Jump	All Men
	Shot	U20/Sen Men
	Hammer	U17 Men
	High Jump	U20/Sen Women

LUNCH

14:00pm	1500m	U17 Men
		U17 Men
		Senior/U20 Men
		Senior/U20 Men
		Senior/U20 Men
14:50pm	1500m	U17 Women
		U17 Women
		Senior/U20 Women
		Senior/U20 Women
		Senior/U20 Women
15:40pm	4x100m Relay	U17 Men
	4x100m Relay	U17 Men
15:50pm	4x100m Relay	U20/Sen Men
	4x100m Relay	U20/Sen Men
16:00pm	4x100m Relay	U17 Women
16:05pm	4x100m Relay	U20/Women