Track

2-00  100m U/15 Boys and Girls 2 races.

2.10  100m U/17 Boys and Girls 2 races.

2.20 1500m U/15 & U/17 Girls 1 race

2.35 1500m U/15 & U/17 Boys 1 race

2.45  200m U/15 Boys and Girls 2 races.

2.55  200m U/17 Boys and Girls 2 races.

3.05  800m U/15 Boys and Girls 2 races

3.20  800m U/17 Boys and Girls 2 races.

3.35  4x100m Relay U/15 & U/17 Girls 1 race.

3.45  4x100m Relay U/15 & U/17 Boys 1 race.

Field

2.00 - 3.00 Javelin, All competitors.

2.30 - 3.30 Long Jump. All competitors.

3.00- 4.00 Shot Putt. All competitors.