

## 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.