

Time	Under 6	Under 7	Under 8	Under 9	Time	Under 10	Under 11	Under 12	Open Age	Time		
8:30			Relays	Relays	8:30					8:30		
8:35			Relays	Relays	8:35	Triple Jump @ LJ1	Triple Jump @ LJ2	Shot Put @ SP1	Shot Put @ SP2	8:35		
8:40			Relays	Relays	8:40			Triple Jump @ TJ1	Triple Jump @ TJ2	8:40		
8:45			Relays	Relays	8:45					8:45		
8:50			Relays	Relays	8:50					8:50		
8:55			Relays	Relays	8:55					8:55		
9:00					9:00					9:00		
9:05					9:05				300mH	300mH	9:05	
9:10					9:10						9:10	
9:15					9:15						9:15	
9:20		60mH @ FS	60mH @ FS	80mH @ BS	9:20						9:20	
9:25		60mH @ FS	80mH @ BS	80mH @ BS	9:25						9:25	
9:30					9:30						9:30	
9:35		Discus @ Dis2	Discus @ Dis1	Shot Put @ SP1	Shot Put @ SP2	80mH @ BS	80mH @ BS			Long Jump @ LJ1	Long Jump @ LJ2	9:35
9:40								200m	200m			9:40
9:45					9:45							9:45
9:50					9:50							9:50
9:55					9:55	80mH @ BS	80mH @ BS					9:55
10:00					10:00							10:00
10:05	200m	200m			10:05							10:05
10:10					10:10							10:10
10:15					10:15							10:15
10:20					10:20							10:20
10:25					10:25							10:25
10:30					10:30							10:30
10:35					10:35							10:35
10:40					10:40	200m	200m					10:40
10:45					10:45							10:45
10:50					10:50							10:50
10:55					10:55							10:55
11:00					11:00							11:00
11:05					11:05							11:05
11:10					11:10							11:10
11:15					11:15							11:15
11:20					11:20							11:20
11:25					11:25							11:25
11:30					11:30							11:30
11:35					11:35	400m	400m					11:35
11:40					11:40							11:40
11:45					11:45							11:45
11:50					11:50							11:50
11:55					11:55							11:55
12:00					12:00							12:00
12:05					12:05							12:05
12:10					12:10							12:10
12:15					12:15							12:15
12:20					12:20							12:20
12:25					12:25							12:25