

TIME	U-13	U-14	U-16	U-13	U-14	U-16
	GIRLS	GIRLS	GIRLS	BOYS	BOYS	BOYS
9:00	3000M	3000M	3000M			
9:30				3000M	3000M	3000M
10:00	Hurdles	Long Jump	Shot Put	High Jump	Discus	Triple Jump
10:05	Javelin			Hurdles		
10:10		Hurdles				
10:15			Hurdles			
10:20					Hurdles	
10:25						Hurdles
10:30	100m (H)					
10:35				100m (H)		
10:40		100m (H)	High Jump	Discus	Triple Jump	Javelin
10:45	Long Jump	Shot Put			100m (H)	
10:50			100m (H)			
10:55						100m (H)
11:10	1500M					
11:15				1500M		
11:20	Shot Put	1500m		Triple Jump	Javelin	Long Jump
11:25		High Jump	Discus		1500M	
11:30			1500M			
11:35						1500M
11:40	200m					
11:45				200m		
11:50		200m				
11:55					200m	
12:00	High Jump	Discus	200m	Javelin	Long Jump	Shot Put
12:05			Triple Jump			200m
12:20	800m					
12:25				800m		
12:30		800m				
12:35					800m	
12:40	Discus	Triple Jump	800m	Long Jump	Shot Put	High Jump
12:45			Javelin			800m
12:55	100m (F)					
1:00				100m (F)		
1:05		100m (F)				
1:10					100m (F)	
1:15			100m (F)			
1:20	Triple Jump	Javelin	Long Jump	Shot Put	High Jump	100m (F)
1:25						Discus
1:30	400m					
1:35				400m		
1:40		400m				
1:45					400m	
1:50			400m			
1:55						400m
2:05	Relay					
2:10				Relay		
2:15		Relay				
2:20					Relay	
2:25			Relay			
2:30						Relay