

Track Events Timetable

After entries are received the start of the track events may be brought forward to 11.00

Time	Event	Age Group	Time	Event	Age Group
11.15	T1 400m Hurdles	u19B	15.05	T38 1500 metres	Junior Girls
	T2 400m Hurdles	u18B		T39 1500 metres	Inter Girls
	T3 400m Hurdles	u19G		T40 1500 metres	Senior Girls
	T4 400m Hurdles	u18G			
	T5 300m Hurdles	u16B	15.25	T41 110H Heats	u19B
	T6 300m Hurdles	u16G		T42 110H Heats	u18B
				T43 100H Heats	u19G
11.50	T7a 1500m Steeplechase	Senior Girls		T44 100H Heats	u16B
	T7b 1500m Steeplechase	Inter Girls		T45 100H Heats	u18G
				T46 80H Heats	u16G
12.00	T8 100 metres Heats	Senior Boys		T47 80H Heats	u14B
	T9 100 metres Heats	Senior Girls		T48 75H Heats	u14G
	T10 100 metres Heats	Inter Boys			
	T11 100 metres Heats	Inter Girls	16.05	T49 800 metres Seeded races	Junior Girls
	T12 100 metres Heats	Junior Boys		T50 800 metres Seeded races	Inter Girls
	T13 100 metres Heats	Junior Girls		T51 800 metres Seeded races	Senior Girls
				T52 800 metres Seeded races	Junior Boys
12.35	T14 1500m Steeplechase	Inter Boys		T53 800 metres Seeded races	Inter Boys
				T54 800 metres Seeded races	Senior Boys
12.45	T15 1500 metres	Junior Boys			
	T16 1500 metres	Inter Boys	16.35	T55 200 metres Final	Junior Girls
	T17 1500 metres	Senior Boys		T56 200 metres Final	Junior Boys
				T57 200 metres Final	Inter Girls
13.05	T18 300 metres Seeded	Junior Girls		T58 200 metres Final	Inter Boys
	T19 300 metres Seeded	Inter Girls		T59 200 metres Final	Senior Girls
	T20 300 metres Seeded	Junior Boys		T60 200 metres Final	Senior Boys
13.25	T21 2000m Steeplechase	Senior Boys	16.50	T61a 3000 metres	Inter Boys
				T61b 3000 metres	Senior Boys
13.35	T22 400 metres Seeded	Senior Girls			
	T23 400 metres Seeded	Inter Boys	17.00	T62 110H Final	u19B
	T24 400 metres Seeded	Senior Boys		T63 110H Final	u18B
				T64 100H Final	u19G
13.50	T25 100 metres Final	Senior Boys		T65 100H Final	u16B
	T26 100 metres Final	Senior Girls		T66 100H Final	u18G
	T27 100 metres Final	Inter Boys		T67 80H Final	u16G
	T28 100 metres Final	Inter Girls		T68 80H Final	u14B
	T29 100 metres Final	Junior Boys		T69 75H Final	u14G
	T30 100 metres Final	Junior Girls			
			17.20	T70 Mixed Relays	Juniors
14.05	T31a 3000 metres	Inter Girls		T71 Mixed Relays	Intermediates
	T31b 3000 metres	Senior Girls		T72 Mixed Relays	Seniors
	Lunch Break				
14.35	T32 200 metres Heats	Junior Girls			
	T33 200 metres Heats	Junior Boys			
	T34 200 metres Heats	Inter Girls			
	T35 200 metres Heats	Inter Boys			
	T36 200 metres Heats	Senior Girls			
	T37 200 metres Heats	Senior Boys			

Seeded races take place if entry numbers are greater than that deemed safe for one Final.