

SATURDAY 15 JULY 2023								
TRACK EVENTS					FIELD EVENTS			
08:00AM	1500m	Heats	All ages	Female	08:15AM	Long Jump	U16	Female
08:40AM	1500m	Heats	All ages	Male	09:00AM	Javelin	U18	Male
						Shot Put	U16	Female
09:30AM	Sprint hurdles	Heats	All ages		09:30AM	Long Jump	U20	Male
					10:00AM	Pole Vault	All ages	Female
10:30AM	400m	Heats	All ages	Female	10:30AM	Shot Put	U18	Male
10:50AM	400m	Heats	All ages	Male		Javelin	U20	Female
						High Jump	U16	Male
11:30AM	100m	Heats	All ages	Female	11:00AM	Long Jump	U18	Female
12:00AM	100m	Heats	All ages	Male	12:00AM	High Jump	U20	Female
						Discus	U16	Male
12:40PM	400m	Finals	All ages	Female	12:30PM	Long Jump	U18	Male
12:55PM	400m	Finals	All ages	Male				
01:15PM	Sprint hurdles	Finals	All ages		01:30PM	Discus	U20	Male
02:00PM	100m	Finals	All ages	Female	02:00PM	Pole Vault	All ages	Male
02:15PM	100m	Finals	All ages	Male		Long Jump	U16	Male
02:45PM	1500m	Finals	All ages	Female	03:00PM	Discus	U16	Female
	1500m	Finals	All ages	Male	03:30PM	Triple Jump	U18	Female
						Shot Put	U20	Male
04:00PM	4x100m Relay	Timed finals	All ages	Female	04:15PM	Discus	U18	Male
04:15PM	4x100m Relay	Timed finals	All ages	Male				

SUNDAY 16 JULY 2023								
TRACK EVENTS					FIELD EVENTS			
08:15AM	3000m	Finals	All ages	Male / Female	08:15AM	Triple Jump	U16	Male
					09:00AM	Javelin	U18	Female
						Shot Put	U16	Male
						High Jump	U16	Female
10:00AM	200m	Heats	All ages	Female	09:30AM	Triple Jump	U20	Male
10:25AM	200m	Heats	All ages	Male	10:30AM	Shot Put	U20	Female
						Javelin	U16	Male
						Javelin	U16	Female
11:00AM	800m	Heats	All ages	Female	11:00AM	High Jump	U18	Male
11:20AM	800m	Heats	All ages	Male		Triple Jump	U20	Female
12:00AM	300m Hurdles	Finals	U18, U20	Male / Female	12:00AM	Javelin	U20	Male
					12:30PM	Triple Jump	U16	Female
01:00PM	200m Hurdles	Finals	U16	Male / Female	01:00PM	High Jump	U18	Female
					01:30PM	Discus	U20	Female
01:30PM	200m	Finals	All ages	Female		Shot Put	U18	Female
01:40PM	200m	Finals	All ages	Male	02:00PM	Triple Jump	U18	Male
02:00PM	800m	Finals	All ages	Female				
02:25PM	800m	Finals	All ages	Male	02:30PM	High Jump	U20	Male
03:00PM	4x100m Relay	Timed finals	All ages	Female	03:00PM	Discus	U18	Female
03:20PM	4x100m Relay	Timed finals	All ages	Male	03:30PM	Long Jump	U20	Female