

Program 1

	Twilight	7b	7g	8b	8g	9b	9g	10b	10g	11b	11g	12b	12g	13b	13g	14b	14g	15/16/17b	15/16/17g	
7:45	4:45	-----SETUP OF ALL TRACK AND FIELD SITES-----																		
7:45	4:45					700MW		1100MW		1100MW		1500MW		1500MW		Walk/Jav		Walk/Jav		
8:00	5:00	60MH	SP				LJ		TJ		1500M			JAV	HJ		D		D	
8:10	5:10			60MH		60MH							1500M							
8:20	5:20	D			SP			60MH		60MH										
8:30	5:30											60MH					1500M		1500M	
8:40	5:40					TJAV			SP		HJ		TJ	80MH	1500M					
8:50	5:50			300M			D	LJ								90MH		100/110MH		
9:00	6:00		70M									800M								
9:10	6:10	TJAV			70M					SP				800M						
9:20	6:20					70M			HJ		TJ		D			800M	200MH	800M	200MH	
9:30	6:30			TJAV				800M				LJ			200MH					
9:40	6:40		200M			800M														
9:50	6:50				200M					800M	D					SP		SP		
10:00	7:00	50M					100M	JAV						LJ			HJ		HJ	
10:10	7:10											SP	400M		TJ					
10:20	7:20			D		HJ			400M											
10:30	7:30	100M			LJ				JAV	400M										
10:40	7:40		LJ @tj					200M						SP			400M		400M	
10:50	7:50								D				HJ		400M					
11:00	8:00						400M					JAV				LJ		LJ		
11:10	8:10			100M										200M						
11:20	8:20					200M	SP			LJ	100M					D		TJ		
11:30	8:30							100M												
11:40	8:40												100M			200M		200M		
11:50	8:50											200M			100M					
12:00	9:00								200M								100M		100M	
12:10	9:10	-----FINISH-----																		

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:35am / 4:35pm. These are indicative time only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 commence Walks and Javelin at 0745. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.