

Times are for guidance only

Outer Track				No. heats		Inner Track	
<b>10.00am</b>	<b>4x200m</b>	U18 G	2	1	8 mins/ht		
		U18 B	2	1			
		U16 G	7	2			
		U16 B	4	1			
		U14 G	11	2			
		U14 B	5	1			
						<b>1 hr</b>	
<b>11.00am</b>	<b>1500m</b>	U16 G	4	1	10mins/ht		
		U17 G	7				
		U16 B	3	1			
		U17 B	5				
		U18 G	8	1			
		U19 G	5				
		U18 B	9	1			
U19 B	5						
						<b>40 mins</b>	
<b>11.40am</b>	<b>1500m Walk</b>	16-19 G/B	5,5	1	12 mins		
	<b>1K Walk</b>	13G/B	8	1	12 mins		
		14-15 G/B	15	1	12 mins		
						<b>35 mins</b>	
						<b>12.30pm-1.15pm I</b>	
<b>12.15pm</b>	<b>400m</b>	U18 G	3	1	5 mins/ht		
		U18 B	4	1			
		U19 G	5	1			
		U19 B	3	1			
						<b>20mins</b>	
<b>12.35-1.15pm Lunch for Outer Track</b>							
<b>1.15pm</b>	<b>800m</b>	U14 G	24	2	5mins/ht		
		U14 B	24	2			
		U15 G	20	2			
		U15 B	17	2			

U16 G	8	1
U16 B	9	1
U17 G	7	1
U17 B	10	1
U18 G	5	1
U18 B	8	1
U19 G	5	1
U19 B	4	1

**1hr20mins**

**2.40pm**

**200m**

U16 G	15	3	3 mins/ht
U16 B	16	3	
U17 G	15	3	
U17 B	12	2	
U18 G	8	1	
U18 B	9	1	
U19 G	12	2	
U19 B	7	1	

**48 mins**

**3.10pm**

**4x200m**

U15 G	8	2
U15 B	7	2
U17 G	5	1
U17 B	3	1
U19 B	2	1
U19 G	2	1

**Finish 4pm**

**50 mins**

February 2020

Field Event order may change

U19 G	7	1	3 mins/ht
U19 B	5	1	
U18 G	8	1	
U18 B	7	1	
U17 G	16	2	
U17 B	10	2	
U16 G	20	3	
U16 B	10	2	
U15 G	27	3	
U15 B	20	3	
U14 G	44	6	
U14 B	28	4	

<b>Field</b>	
<b>10.00am Pole Vault</b>	G/B
<b>10.30am High Jump</b>	U17-19 B U17-19 G G U15 G U15 B U14 G U14 B U16 G U16 B

U14 Girls marks from 9.40am

<b>10.00am Long Jump 1</b>	U14 G
<b>Long Jump 2</b>	U14 G

<b>11.00am Long Jump 1</b>	U17 G
11.30am Long Jump 1	U18-19 G
12 noon Long Jump 1	U16 G
<b>Lunch</b>	
2.15pm Long Jump 1	U15 G

1 hr 30 mins

unch

<b>11.00am Long Jump 2</b>	U14 B
12 noon Long Jump 2	U17 B
<b>Lunch</b>	

U14 G	68.6cm red	24	3	1.15pm	Long Jump 2	U16 B
U14 B	76.2cm red	12	2	2.15pm	Long Jump 2	U15 B
U15 G	76.2cm black	10	2			
U16 G	76.2cm black	7	1			
U17 G	76.2cm yellow	5	1	<b>3.15pm</b>	<b>Triple Jump 2</b>	U18-19 G
U18 G	76.2cm yellow	3				U18-19 B
U15 B	84.0cm black	7	1			
U16 B	84.0cm yellow	6	1	<b>10.00am</b>	<b>Shot Put (6Kg)</b>	U19 Boys
U19 G	84.0cm yellow	3	1		(5Kg)	U18 Boys
U17 B	91.4cm yellow	2	1		(5Kg)	U17 Boys
U18 B	91.4cm grey	2			(4Kg)	U19 Girls

U19 B	99.0cm	grey	4	1	(3Kg)	U18 Girls
				<b>2 hrs</b>	(3Kg)	U17 Girls
					(3Kg)	U16 Girls
					(4Kg)	U16 Boys
					(2.72Kg)	U15 Girls
					(3Kg)	U15 Boys
					(2kg)	U14 Girls
					(2.72Kg)	U14 Boys

2

4,2,1

4

7

5

9

6

7

4

38 60 mins

9 30 mins

6 30 mins

21 90 mins

22 90 mins

14 60 mins

5 30 mins

14 60 mins

14 60 mins

1,

3,2

3

3

6

2

1  
6  
9  
5  
12  
7  
13  
9