

Please note the program timing is approximate only and the event can start up to 30mins earlier.

TRACK EVENTS			FIELD EVENTS			
1.00pm	Grade 15 B	110m H	1.00pm	Grade 8 G	Discus	
	Grade 15 G	100m H		Grade 9 B	Shot	
	Grade 14 B	100m H		Grade 10 B	High Jump	
	Grade 14 G	80m H		Grade 5 G	L Jump 1	
	Grade 13 B	80m H		Grade 6 G	L Jump 2	
	Grade 13 G	80m H		1.30pm	Grade 8 B	Discus
	Grade 12 B	80m H			Grade 9 G	Shot
	Grade 12 G	80m H			1.45pm	Grade 5 B
1.45pm	Grade 11 G	200m	Grade 6 B			L Jump 2
	Grade 10 G	200m	2.00pm	Grade 11 B		Discus
	Grade 9 B	200m		Grade 12 G		Shot
	Grade 8 G	200m		Grade 10 G	High Jump	
2.15pm	Grade 5 B & G	60m		2.15pm	Gr 13/14/15 G	L Jump 1
	Grade 6 B & G	60m	Gr 13/14/15 B		L Jump 2	
2.30pm	Grade 7 B	200m	2.30pm	Grade 11 G	Discus	
	Grade 7 G	200m		Grade 12 B	Shot	
	Grade 9 G	200m	2.45pm	Grade 11 B	High Jump	
	Grade 11 B	200m		Grade 9 B	L Jump 1	
	Grade 8 B	200m		3.00pm	Grade 9 G	L Jump 2
	Grade 10 B	200m			Grade 5 B	Discus
3.00pm	Grade 12 G	200m	Grade 6 B		Shot	
	Grade 13 B	200m	3.15pm		Grade 6 G	Shot
	Grade 13 G	200m			Grade 5 G	Discus
	Grade 12 B	200m			3.30pm	Gr 13/14/15 G
	Grade 14/15 B	200m		Grade 11 G		High Jump
	Grade 14/15 G	200m		Grade 12 G		L Jump 1
3.15pm	Grade 10 B	800m		Grade 12 B		L Jump 2
	Grade 10 G	800m	3.45pm	Grade 10 B	Shot	
3.30pm	Grade 11 B	800m		Grade 7 B	Discus	
	Grade 12 B	800m	4.00pm	Gr 13/14/15 B	800m	
3.45pm	Grade 11 G	800m		Gr 13/14/15 G	800m	
	Grade 12 G	800m		4.15pm	Grade 9 B	60m
	4.00pm	Grade 9 B	60m		Grade 9 G	60m
Grade 9 G		60m	Grade 8 B		60m	
Grade 8 B		60m	4.30pm	Grade 8 G	60m	
4.15pm	Grade 8 G	60m		Grade 7 B	60m	
	Grade 7 B	60m		Grade 7 G	60m	
	Grade 7 G	60m	4.45pm	Gr 13/14/15 B	Shot	
5.00pm	Finals	200m		5.00pm	Finals	60m
	Finals	60m	5.30pm		4x100m Relays	Grade 5, 6, 7, 12, 13/14/15, 11, 8, 9, 10

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TRACK EVENTS			FIELD EVENTS		
9.30am	Grade 10 B&G	1200mWalk	9.30am	Grade 9 G	Discus
	Grade 11 B&G	1200mWalk		Grade 8 B	Shot
	Grade 12 B&G	1200mWalk		Grade 10 G	Long Jump 1
	Grade 13 B&G	1600mWalk		Gr 13/14/15 G	High Jump
	Grade 14 B&G	2000mWalk			
	Grade 15 B&G	2000mWalk			
10.00am	Grade 10 B	400m	10.00am	Grade 11 B	Long Jump 1
	Grade 11G	400m		Grade 9 B	Discus
	Grade 12 B	400m		Grade 8 G	Shot
10.15am	Grade 6 B	80m	10.15am	Gr 13/14/15 B	High Jump
	Grade 6 G	80m			
	Grade 5 B	80m			
	Grade 5 G	80m			
10.30am	Grade 10 G	400m	10.30am	Grade 10 B	Long Jump 1
	Grade 11 B	400m		Grade 12 G	Discus
	Grade 12 G	400m		Grade 7 B	Shot
				Grade 7 G	Long Jump 2
10.45am	Grade 9 B	400m			
	Grade 9 G	400m			
	Grade 13 B	400m			
	Grade 13 G	400m			
11.00am	Grade 14/15 G	400m	11.00am	Grade 11 G	Long Jump 1
	Grade 14/15 B	400m		Grade 6 B	Discus
				Grade 5 G	Shot
				Grade 12 B	High Jump
11.15am	Grade 8 G	100m	11.15am	Grade 6 G	Discus
	Grade 7 G	100m		Grade 5 B	Shot
	Grade 9 B	100m			
	Grade 7 B	100m			
11.30am	Grade 8 B	100m	11.30am	Grade 8 B	Long Jump 1
	Grade 10 B	100m		Gr 13/14/15 B	Discus
	Grade 10 G	100m		Grade 11 B	Shot
11.45am	Grade 11 G	100m			
	Grade 12 G	100m			
	Grade 12 B	100m			
12.00pm	Grade 11 B	100m	12.00pm	Grade 8 G	Long Jump 1
	Grade 5 B&G	100m		Grade 10 B	Discus
	Grade 6 B	100m		Grade 7 G	Shot
	Grade 6 G	100m		Grade 12 G	High Jump
12.15pm	Grade 14/15 B	100m	12.20pm	Grade 12 B	Discus
	Grade 14/15 G	100m		Grade 11 G	Shot
	Grade 13 B	100m		Grade 7 B	Long Jump 1
	Grade 13 G	100m			
	Grade 9 G	100m			
12.30pm	Grade 10,11,12,13,14,15		12.45pm	Gr 13/14/15 G	Shot
	Boys	1500m		Grade 10 G	Discus
	Girls	1500m			
12.45pm	FINALS	100m			
1.00pm	Grade 10-15 Mixed Medley Relays				