

ORDER OF EVENTS 6th May 2019

Field Events – Hammer will start at 11.00am followed by Discus. Triple Jump will start at 11.30am.
All other field events will start at 12 noon Javelin will start at the conclusion of Shot Putt

Hammer [Sen Women, U17 Women, U15 Girls], [Sen Men, U20 Men, U17 Men, U15 Boys]

Triple Jump (Pit 2) U17s +

Long Jump Pit 1 U13 Girls, U15 Girls, U11 Girls, U9 Boys, U17 Men/Sen Men

Long Jump Pit 2 U13 Boys, U15 Boys, U11 Boys, U9 Girls, U17 Women/Sen Women

Shot U15 Boys, U17 Men/U20 Men/Sen Men, U15 Girls, U17 Women/Sen Women, U13 Girls, U13 Boys

Discus U15 Girls, U13 Girls, U17 Women/Sen Women, U15 Boys, U13 Boys, U17 Men/U20 Men/Sen Men

Javelin U17 Men/Sen Men, U17 Women/Sen Women, U15 Boys, U15 Girls, U13 Boys, U13 Girls

High Jump U17 Women/Sen Women, U17 Men/Sen Men, U15 Boys, U15 Girls, U13 Girls, U13 Boys

All competitors will have 3 trials. Top 6 who meet the standard get a further 3 trials (U17, U20 & Seniors only).

Track Events - Start 12 Noon

	Not Before	
Dist. Hurdles	12:00	Sen Men, U17 Men, Sen Women, U17 Women
600m	12:15	U11 Boys, U11 Girls, U9 Boys, U9 Girls
800m	12:40	U17 Women, Sen Women, U17 Men, Sen Men, U15 Boys, U15 Girls, U13 Boys, U13 Girls
Sp. hurdles	13:00	U13 Girl, U13 Boy, U15 Girl, U17 Women, U15 Boy, Sen Women, U17 Men, U20 Men, Sen Men
1 mile	13:45	U17 Men, Sen Men, U17 Women, Sen Women, U15 Girls, U15 Boys, U13 Boys
1200m	14:10	U13 Girls
100m	14:20	Sen Men, U17 Men, Sen Women, U17 Women, U15 Boys, U15 Girls, U13 Girls, U13 Boys
80m	15:00	U9 Girls, U9 Boys, U11 Girls, U11 Boys
400m	15:15	Sen Men, U17 Men, Sen Women
300m	15:25	U15 Girls, U15 Boys, U17 Women
200m	15:45	U15 Girls, U15 Boys, Sen Women, U17 Women, U13 Girls, U13 Boys, Sen Men, U17 Men
3000m	16:15	U15s +

NOTE Events are run in order, which may change on the day. These will NOT be before the time stated.
Please arrive early and ensure that you listen for the announcement of events

No entries are accepted on the day except for 3000m.

Numbers will be available from the registration area. Registration open from 10am.
