

Wednesday 5th April 2023 (Competition Arena)

Time	Event	Age
9:30am	Boys / Girls 3000m	17+ years
9:45am	Boys 100m	12 – 17+ years
	Girls 100m	12 – 17+ years
11:00am	Boys 1500m	14 – 17+ years
	Girls 1500m	14 – 17+ years
12:00pm	Boys 400m	14 – 17+ years
	Girls 400m	14 – 17+ years
1:00pm	Boys 100m Finals	12 – 17+ years
	Girls 100m Finals	12 – 17+ years

Time	High Jump	Long Jump 1	Long Jump 2	Discus 1	Discus 2	Shot Put 1	Javelin
9:30 – 10:30	B 15	G 16 – 17+	G 12	G 13	B 13	G 15	B 16 - 17+
10:30 – 11:30	G 12 / B12	G 14	B 16 – 17+	G 16 – 17+	B 14	B 13	B 15
11:30 – 12:30	B 16 – 17+	G 15		G 12	B 12	G 13	G 14
12:30 – 1:30	G 16 – 17+	B 13	G 13	G 15	B 15	B 17+	B 14

Tuesday 4th April 2023 (Warm Up Arena)

Time	Event	Age
9:30am	Boys / Girls 3000m walk	17+ years
9:45am	Boys 3000m	15 years
	Girls 3000m	14 years
10:00am	Boys 200m	12 – 17+ years
	Girls 200m	12 – 17+ years
11:00am	Boys 800m	12 – 17+ years
	Girls 800m	12 – 17+ years
12:00pm	Boys 1500m walk	15 years
	Girls 1500m walk	14 years
12:30pm	Boys / Girls 200m finals (If time permits)	12 – 17+ years

Time	High Jump	Long Jump	Triple Jump	Discus 1	Shot Put 1	Shot Put 2	Javelin
9:30 – 10:30	B 13	B 12	G 15	G 14	B 15	B 16	G 16 – 17+
10:30 – 11:30	G 13	B 14	B 15	B 17+	G 12		B 13
11:30 – 12:30	B 14		G 16 – 17+	B 16	B 12	G 14	G 15
12:30 – 1:30	G 14 / 15	B 15	B 16 – 17+		B 14	G 16 – 17+	G 13