Final Timetable - As at 07/03/2024

Para Athletes - Field events are held with the relevant age group except seated events.

#### Sunday 10th March 2024

**Track Field** Round Triple Jump High Jump Pole Vault Javelin Hamme 8:00:00 AM U15/16/17/18/O35 & O50 Women FINAL 8:00:00 Al 1113 & 1114 8:00:00 AM 2000 metres Ste 8:00:00 AM 3000 metres Ste 8:00:00 AM 8:00:00 AM U20 & Open Womer FINAL Women Women 8:00:00 AM 2000 metres Ste 8:00:00 AM 8:00:00 AM U15, U16, O35 & O50 Men FINAL П U17 & & Men 035/50 8:15:00 AM 2000 metres Stee U17 & U18 Men 8:15:00 AM 8:15:00 AN FINAL Open DT Women 8:20:00 AM 8:20:00 AN 8:20:00 AM Women JT 8:25:00 AM 8:25:00 Af 8:25:00 AM TJ 8:30:00 AM 3000 metres Ster Open & U20 Men 8:30:00 AN 8:30:00 AM FINAL 8:35:00 AM 8:35:00 AN 8:35:00 AM 8:40:00 AM 8:40:00 AN 8:40:00 AM 8:45:00 AM 8:45:00 AM 8:45:00 AM 8:50:00 AM 8:50:00 AM 8:50:00 AM 8:55:00 AM 8:55:00 AM 8:55:00 AM 9:00:00 AM 800 metres 9:00:00 AM All Ages 9:00:00 AM Open Men Heats 9:05:00 AM 9:05:00 AN 9:05:00 AM Women 9:10:00 AM 200 metres 9:10:00 AM Men & 9:10:00 AM Women U16 Womer Heats & 9:15:00 AM 9:15:00 AM 035/50 U17 Mer 9:15:00 AM SP 9:20:00 AM U16 Me 9:20:00 AM DT 9:20:00 AM Heats Men 9:25:00 AM 9:25:00 AM 9:25:00 AM 9:30:00 AM <sub>200</sub> metres 9:30:00 AM 9:30:00 AM U17 Women Heats 9:35:00 AM 9:35:00 AM 9:35:00 AM 9:40:00 AM 200 metres U17 Men 9:40:00 AM 9:40:00 AM Heats 9:45:00 AM 9:45:00 AM 9:45:00 AM 9:50:00 AM 200 metres 9:50:00 AM 9:50:00 AM J18 Men Heats 9:55:00 AM 9:55:00 AM 9:55:00 AM 10:00:00 AM 200 metres 10:00:00 AM 10:00:00 AM U20 Men Heats 10:05:00 AM 10:05:00 AM 10:05:00 AM 10:10:00 AM 200 metres 10:10:00 AM 10:10:00 AM U18 Men Open Women Heats U15 Men 10:15:00 AM 10:15:00 AM 10:15:00 AM IJ DT 10:20:00 AM 200 metres 10:20:00 AM 10:20:00 AM Open Men Heats 10:25:00 AM 10:25:00 AM 10:25:00 AM Men 10:30:00 AM 10:30:00 AN 10:30:00 AM 10:35:00 AM 10:35:00 AN 10:35:00 AM 10:40:00 AM 10:40:00 AM 10:40:00 AM 10:45:00 AM 110 metres Hurd Open Men FINAL 10:45:00 Al 10:45:00 AM 10:50:00 AM 110 metres Hurd 10:50:00 AN U14 10:50:00 AM U20 Men FINAL 10:55:00 AM 110 metres Hurd U18 Mer 10:55:00 AM 10:55:00 AM FINA Men & 11:00:00 AM 110 metres Hurd U17 Men 11:00:00 AM 11:00:00 AM FINAL 11:05:00 AM 100 metres Hurd Open & U20 Womer 11:05:00 AM 11:05:00 AM FINAL TJ 11:10:00 AM 11:10:00 AM 11:10:00 AM 11:15:00 AM 100 metres Hurd U15, U16, O35 & O50 Men FINAL 11:15:00 AM 11:15:00 AM 11:20:00 AM 11:20:00 AM 11:20:00 AM 11:25:00 AM 100 metres Hurd U17 & U18 Women FINAL 11:25:00 AM 11:25:00 AM 11:30:00 AM 90 metres Hurdle 11:30:00 AM 11:30:00 AM U15, U16 & O35 Women FINAL U14, U15 11:35:00 AM 90 metres Hurdle 11:35:00 AM U13 & U14 Mer FINAL 11:35:00 AM U16, U17 11:40:00 AM 80 metres Hurdle 11:40:00 AM 11:40:00 AM U13, U14 & O50 Women FINAL U20 U15 & U16 11:45:00 AM 11:45:00 AM 11:45:00 AM Men Women 11:50:00 AM 11:50:00 AN 11:50:00 AM U16 Men PV Open JT 11:55:00 AM 11:55:00 AN 11:55:00 AM U18 Women 12:00:00 PM 12:00:00 PM 12:00:00 PM DT Men 12:05:00 PM 12:05:00 PM 12:05:00 PM 12:10:00 PM 12:10:00 PM 12:10:00 PM 12:15:00 PM 12:15:00 PM 12:15:00 PM 12:20:00 PM 12:20:00 PM 12:20:00 PM 12:25:00 PM 12:25:00 PM 12:25:00 PM 12:30:00 PM 200 metres 12:30:00 PM 12:30:00 PM FINAL O35 & O50 Women 12:35:00 PM 200 metres 12:35:00 PM 12:35:00 PM FINAL O35 & O50 Mer 12:40:00 PM 200 metres 12:40:00 PM 12:40:00 PM Para Women 12:45:00 PM 200 metres 12:45:00 PM Open Mer 12:45:00 PM Para Men FINA 12:50:00 PM 200 metres 12:50:00 PM 12:50:00 PM U13 & 14 Men FINA 12:55:00 PM 200 metres 12:55:00 PM 12:55:00 PM U13 & U14 Women FINA 1:00:00 PM 200 metres 1:00:00 PM 1:00:00 PM Open Mer U15 Womer 1:05:00 PM <sub>200</sub> metres 1:05:00 PM U15 Men FINA 1:05:00 PM U20 TJ 1:10:00 PM 200 metres U16 Women FINAL 1:10:00 PM Women 1:10:00 PM 1:15:00 PM 200 metres U16 Men 1:15:00 PM FINAL 1:15:00 PM 1:20:00 PM 200 metres 1:20:00 PM 1:20:00 PM U17 Women FINAL 1:25:00 PM 200 metres 1:25:00 PM 1:25:00 PM U17 Men FINAL U20 Me 1:30:00 PM 200 metres 1:30:00 PM 1:30:00 PM U18 Women FINAL JT 1:35:00 PM 200 metres 1:35:00 PM U18 Men FINAL 1:40:00 PM 200 metres 1:40:00 PN 1:40:00 PM U20 Women FINAL 1:45:00 PM 2<u>00 metres</u> 1:45:00 PN 1:45:00 PM U20 Men FINAL 1:50:00 PM 1:50:00 PN 1:50:00 PM 200 metres Open Women FINAL 1.55:00 DM 1:55:00 PM 1:55:00 PM U17 Men 200 metres Open Men FINAL 2:00:00 PM 2:00:00 PM 2:00:00 PM 2:05:00 PM 2:05:00 PM 2:05:00 PM 2:10:00 PM 2:10:00 PM 2:10:00 PM 2:15:00 PM 2:15:00 PM 2:15:00 PM 2:20:00 PM 2:20:00 PM 2:20:00 PM 2:25:00 PM 2:25:00 PM 2:25:00 PM 2:30:00 PM 2:30:00 PM 2:30:00 PM 2:35:00 PM 2:35:00 PM 2:35:00 PM 2:40:00 PM 2:40:00 PM 2:40:00 PM 2:45:00 PM 2:45:00 PM 2:45:00 PM

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Final Timetable - As at 07/03/2024

Para Athletes - Field events are held with the relevant age group except seated events.

### Monday 11th March 2024

Track Field

Top   Part   Age Corps   Age Corps   Top			Hack							rieiu				
\$1,000 Per   \$1,	Time	Event	Age Group	Round	Time	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	Time
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1-10   1-10							015 & 018							
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2500 AM							.,							
18-00-00   18-00-00											1			
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\$-2000 AM	9:15:00 AM	1			9:15:00 AM		U16	1113 & 1114		U20 & U15				9:15:00 AM
9-250-00 AM    9-25														
9-3000 AM 600 meres lued Cook 1200 Mm								U17 & U18						
8-95.00 AM   9-95.00 AM   9-95.	9:25:00 AM	1			9:25:00 AM		TJ	Open		SP				9:25:00 AM
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Final Timetable - As at 07/03/2024

Para Athletes - Field events are held with the relevant age group except seated events.

### Saturday 16th March 2024

		Track			<u> </u>	arcn 2024	Field				
Time	Event	Age Group	Round	Time	Long Jump	Triple Jump High Jump Pole Vau		Discus	Javelin	Hammer	Time
	3000 metres Wal	U13, U14, U15 & U16 Men & Women	FINAL	10:00:00 AM			U17			035/050	10:00:00 AM
10:00:00 AM 10:10:00 AM	5000 metres Wal		FINAL	10:00:00 AM 10:10:00 AM	U13, U14 Men		Women	1145 14		Women	10:00:00 AM 10:10:00 AM
10:15:00 AM		U17, U18, O35 & O50 Men & Women		10:15:00 AM	П		SP	U15 Men DT		нт	10:15:00 AM
10:20:00 AM				10:20:00 AM							10:20:00 AM
10:25:00 AM				10:25:00 AM							10:25:00 AM
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10:55:00 AM				10:55:00 AM			Women				10:55:00 AM
11:00:00 AM	1500 metres	O35 & O50 Men & Women & Para	FINAL	11:00:00 AM		U15 & U16	SP				11:00:00 AM
11:05:00 AM				11:05:00 AM		U20 &					11:05:00 AM
11:10:00 AM	1500 metres	U13 & U14 Women	FINAL	11:10:00 AM		O35/50					11:10:00 AM
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11:25:00 AM	1500 metres	U13 & U14 Men	FINAL	11:25:00 AM	U17 Women	Women		Men DT			11:25:00 AM
11:30:00 AM	1500 metres	U15 & U16 Women	FINAL	11:30:00 AM	Ш			DI			11:30:00 AM
11:35:00 AM				11:35:00 AM							11:35:00 AM
11:40:00 AM		U17, U18 & U20 Women	FINAL	11:40:00 AM							11:40:00 AM
11:45:00 AM				11:45:00 AM			U17 Men				11:45:00 AM
11:50:00 AM 11:55:00 AM	1500 metres	U15 & U16 Men	FINAL	11:50:00 AM 11:55:00 AM			SP				11:50:00 AM 11:55:00 AM
12:00:00 PM	1500 metres	U17, U18 & U20 Men	FINAL	12:00:00 PM							12:00:00 PM
12:05:00 PM	1000 11101100	011, 010 & 020 WIGH	INAL	12:05:00 PM		1					12:05:00 PM
12:10:00 PM	i			12:10:00 PM	]						12:10:00 PM
12:15:00 PM				12:15:00 PM				_		U16 & U20	12:15:00 PM
12:20:00 PM				12:20:00 PM	1					Women	12:20:00 PM
12:25:00 PM 12:30:00 PM				12:25:00 PM 12:30:00 PM	1					HT OFO Mon	12:25:00 PM 12:30:00 PM
12:30:00 PM				12:30:00 PM	1		U18 Men	1		O50 Men	12:30:00 PM 12:35:00 PM
12:40:00 PM				12:40:00 PM			SP				12:40:00 PM
12:45:00 PM	i			12:45:00 PM							12:45:00 PM
12:50:00 PM				12:50:00 PM							12:50:00 PM
12:55:00 PM				12:55:00 PM							12:55:00 PM
1:00:00 PM	100 metres	U16 Women & Men	Heats	1:00:00 PM	1			Control			1:00:00 PM
1:05:00 PM 1:10:00 PM	100 metres	U17 Men	Heate	1:05:00 PM 1:10:00 PM				Seated All Ages			1:05:00 PM 1:10:00 PM
1:15:00 PM	100 metres	017 Men	Heats	1:15:00 PM				Men &			1:15:00 PM
	100 metres	U18 Men	Heats	1:20:00 PM	U18	Ī		Women			1:20:00 PM
1:25:00 PM				1:25:00 PM	Women			DT			1:25:00 PM
1:30:00 PM	100 metres	U20 Men	Heats	1:30:00 PM	П						1:30:00 PM
1:35:00 PM				1:35:00 PM							1:35:00 PM
1:40:00 PM 1:45:00 PM	100 metres	Open Women	Heats	1:40:00 PM 1:45:00 PM							1:40:00 PM 1:45:00 PM
1:50:00 PM	100 metres	Open Men	Heats	1:50:00 PM							1:50:00 PM
1:55:00 PM	l	open wen	ricuts	1:55:00 PM							1:55:00 PM
2:00:00 PM				2:00:00 PM				035/50			2:00:00 PM
2:05:00 PM				2:05:00 PM				Women			2:05:00 PM
2:10:00 PM 2:15:00 PM				2:10:00 PM 2:15:00 PM				DT			2:10:00 PM 2:15:00 PM
2:15:00 PM				2:15:00 PM 2:20:00 PM							2:15:00 PM 2:20:00 PM
2:25:00 PM				2:25:00 PM							2:25:00 PM
2:30:00 PM				2:30:00 PM	U17 Men	•					2:30:00 PM
2:35:00 PM				2:35:00 PM	П						2:35:00 PM
2:40:00 PM	400 metres	U16 Women	Heats	2:40:00 PM				<del></del>			2:40:00 PM
2:45:00 PM	400 metres	LIAC Man	Heat-	2:45:00 PM 2:50:00 PM							2:45:00 PM 2:50:00 PM
2:55:00 PM		U16 Men	Heats	2:55:00 PM							2:55:00 PM
3:00:00 PM				3:00:00 PM					1	U20 Men	3:00:00 PM
3:05:00 PM				3:05:00 PM				035/050		HT	3:05:00 PM
	400 metres	U17 Men	Heats	3:10:00 PM				Men			3:10:00 PM
3:15:00 PM				3:15:00 PM			1110 0	DT			3:15:00 PM
3:20:00 PM 3:25:00 PM				3:20:00 PM 3:25:00 PM			U13 & U14				3:20:00 PM 3:25:00 PM
3:30:00 PM	400 metres	U18 Men	Heats	3:30:00 PM		l	Men & Women				3:30:00 PM
3:35:00 PM	100 11100100	S. O WIGH	. 10003	3:35:00 PM			SP				3:35:00 PM
3:40:00 PM	400 metres			3:40:00 PM							3:40:00 PM
3:45:00 PM				3:45:00 PM	1						3:45:00 PM
3:50:00 PM	400 metres	U20 Men	Heats	3:50:00 PM		Ī		Ī			3:50:00 PM
3:55:00 PM 4:00:00 PM	1 400 m atras			3:55:00 PM 4:00:00 PM							3:55:00 PM 4:00:00 PM
4:05:00 PM	400 metres			4:00:00 PM	П	Open					4:00:00 PM
4:10:00 PM	400 metres	Open Men	Heats	4:10:00 PM		Men			1	U15 & U16	4:10:00 PM
4:15:00 PM				4:15:00 PM		PV		U15 & U18		Men	4:15:00 PM
4:20:00 PM	100 11101103	O35 & O50 Women	FINAL	4:20:00 PM				Women		HT	4:20:00 PM
4:25:00 PM	100 11101103	O35 & O50 Men	FINAL	4:25:00 PM			0	DT			4:25:00 PM
4:30:00 PM 4:35:00 PM		Para Women	FINAL	4:30:00 PM 4:35:00 PM			Open Women Women				4:30:00 PM 4:35:00 PM
4:40:00 PM	100 metres 100 metres	Para Men U13 & U14 Women	FINAL FINAL	4:40:00 PM		U15 & U16	SP				4:40:00 PM
4:45:00 PM	100 metres	U13 & U14 Men	FINAL	4:45:00 PM		U20 &	J.				4:45:00 PM
4:50:00 PM		U15 Women	FINAL	4:50:00 PM		035/50					4:50:00 PM
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Final Timetable - As at 07/03/2024

Para Athletes - Field events are held with the relevant age group except seated events.

### Saturday 16th March 2024

Track Field

Time	Event	Age Group	Round	Time	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	Time
	100 metres	U15 Men	FINAL	4:55:00 PM			HJ						4:55:00 PM
5:00:00 PM		U16 Women	FINAL	5:00:00 PM			Men						5:00:00 PM
5:05:00 PM	100 metres	U16 Men	FINAL	5:05:00 PM									5:05:00 PM
	100 metres	U17 Women	FINAL	5:10:00 PM									5:10:00 PM
5:15:00 PM	100 11101100	U17 Men	FINAL	5:15:00 PM									5:15:00 PM
5:20:00 PM	100 metres	U18 Women	FINAL	5:20:00 PM		035/050				U17 & U20			5:20:00 PM
5:25:00 PM		U18 Men	FINAL	5:25:00 PM		W & M				Women			5:25:00 PM
5:30:00 PM	100 metres	U20 Women	FINAL	5:30:00 PM		TJ			Open Men	DT			5:30:00 PM
5:35:00 PM	100 11101100	U20 Men	FINAL	5:35:00 PM					SP				5:35:00 PM
5:40:00 PM	100 metres	Open Women	FINAL	5:40:00 PM									5:40:00 PM
5:45:00 PM	100 metres	Open Men	FINAL	5:45:00 PM									5:45:00 PM
5:50:00 PM				5:50:00 PM							U15 & U16		5:50:00 PM
5:55:00 PM				5:55:00 PM							JT		5:55:00 PM
6:00:00 PM				6:00:00 PM									6:00:00 PM
6:05:00 PM				6:05:00 PM									6:05:00 PM
6:10:00 PM				6:10:00 PM				_					6:10:00 PM
6:15:00 PM				6:15:00 PM									6:15:00 PM
6:20:00 PM	400 metres	O35 & O50 Women	FINAL	6:20:00 PM									6:20:00 PM
6:25:00 PM		O35 & O50 Men	FINAL	6:25:00 PM		_				U20 Men			6:25:00 PM
6:30:00 PM	400 metres	Para Women	FINAL	6:30:00 PM	Open			U18	O35/50	DT			6:30:00 PM
6:35:00 PM		Para Men	FINAL	6:35:00 PM	Women				Women				6:35:00 PM
6:40:00 PM	400 metres	U13 & U14 Women	FINAL	6:40:00 PM	LJ			Men	SP				6:40:00 PM
6:45:00 PM	400 metres	U13 & U14 Men	FINAL	6:45:00 PM				PV					6:45:00 PM
6:50:00 PM	400 metres	U15 Women	FINAL	6:50:00 PM									6:50:00 PM
6:55:00 PM	400 metres	U15 Men	FINAL	6:55:00 PM									6:55:00 PM
7:00:00 PM		U16 Women	FINAL	7:00:00 PM									7:00:00 PM
7:05:00 PM	400 metres	U16 Men	FINAL	7:05:00 PM									7:05:00 PM
7:10:00 PM	400 metres	U17 Women	FINAL	7:10:00 PM									7:10:00 PM
7:15:00 PM	400 metres	U17 Men	FINAL	7:15:00 PM									7:15:00 PM
7:20:00 PM	100 11101100	U18 Women	FINAL	7:20:00 PM									7:20:00 PM
7:25:00 PM	400 metres	U18 Men	FINAL	7:25:00 PM		_							7:25:00 PM
7:30:00 PM	400 metres	U20 Women	FINAL	7:30:00 PM	Open Men					U16			7:30:00 PM
7:35:00 PM		U20 Men	FINAL	7:35:00 PM	П					Women			7:35:00 PM
7:40:00 PM	400 metres	Open Women	FINAL	7:40:00 PM					035/050	DT			7:40:00 PM
	400 metres	Open Men	FINAL	7:45:00 PM					Men				7:45:00 PM
7:50:00 PM				7:50:00 PM					SP				7:50:00 PM
7:55:00 PM	1500 metres	Open Women	FINAL	7:55:00 PM									7:55:00 PM
8:00:00 PM				8:00:00 PM									8:00:00 PM
8:05:00 PM	1500 metres	Open Men	FINAL 'B'	8:05:00 PM									8:05:00 PM
8:10:00 PM				8:10:00 PM		_							8:10:00 PM
8:15:00 PM	1500 metres	Open Men	FINAL 'A'	8:15:00 PM									8:15:00 PM
8:20:00 PM				8:20:00 PM									8:20:00 PM