

Time	Gender	Event	Round	Age group
10:30	Men	Pole Vault (SM)	Final	Senior
10:30	Boys	Pole Vault (U16B)	Final	U16
10:30	Men	Pole Vault (U20M)	Final	U20
10:30	Girls	Pole Vault (U18W)	Final	U18
10:30	Women	Triple Jump (SW)	Final	Senior
10:30	Girls	Triple Jump (U16G)	Final	U16
10:30	Girls	Triple Jump (U18W)	Final	U18
10:30	Men	Hammer Throw (SM)	Final	Senior
10:30	Boys	Hammer Throw (U16B)	Final	U16
10:30	Boys	Hammer Throw (U18M)	Final	U18
10:30	Men	Hammer Throw (U20M)	Final	U20
11:00	Girls	300m Hurdles (U16G)	Final	U16
11:10	Women & Girls	400m Hurdles (SW)	Final	Multiple
11:10	Girls	400m Hurdles (U18W)	Final	U18
11:10	Women	400m Hurdles (U20W)	Final	U20
11:20	Boys	100m (U16B)	Heat 1	U16
11:20	Boys	100m (U16B)	Heat 2	U16
11:20	Boys	100m (U16B)	Heat 3	U16
11:20	Boys	100m (U16B)	Heat 4	U16
11:30	Girls	Shot Put (U16G)	Final	U16
11:30	Girls	Shot Put (U18W)	Final	U18
11:35	Boys	100m (U18M)	Heat 1	U18
11:35	Boys	100m (U18M)	Heat 2	U18
11:45	Men	100m (SM)	Heat 1	Senior
11:45	Men	100m (SM)	Heat 2	Senior
11:55	Boys	400m (U18M)	Heat 1	U18
11:55	Boys	400m (U18M)	Heat 2	U18
12:00	Girls	High Jump (U14G Minithon)	Final Group A	U14
12:00	Girls	High Jump (U14G Minithon)	Final Group B	U14
12:00	Girls	Long Jump (U14G Minithon)	Final Group A	U14
12:00	Girls	Long Jump (U14G Minithon)	Final Group B	U14
12:00	Boys	Discus Throw (U16B)	Final	U16
12:00	Boys	Discus Throw (U18M)	Final	U18
12:05	Men	400m (SM)	Heat 1	Senior
12:05	Men	400m (SM)	Heat 2	Senior
12:15	Girls	200m (U16G)	Heat 1	U16
12:15	Girls	200m (U16G)	Heat 2	U16
12:25	Girls	200m (U18W)	Heat 1	U18
12:25	Girls	200m (U18W)	Heat 2	U18
12:35	Boys	1500m (U16B)	Final	U16
12:45	Boys	1500m (U18M)	Final	U18
12:55	Men	1500m (U20M)	Final	U20
13:05	Men	1500m (SM)	Final	Senior
13:15	Boys	100m (U16B)	Final	U16
13:20	Boys	100m (U18M)	Final	U18
13:25	Men	100m (U20M)	Final	U20
13:30	Men	100m (SM)	Final	Senior
13:30	Girls	Long Jump (U16G)	Final	U16
13:45	Girls	Shot Put (U14G Minithon)	Final Group A	U14
13:45	Girls	Shot Put (U14G Minithon)	Final Group B	U14
13:45	Girls	Discus Throw (U14G Minithon)	Final Group A	U14
13:45	Girls	Discus Throw (U14G Minithon)	Final Group B	U14
13:45	Boys	Javelin Throw (U16B)	Final	U16
13:45	Boys	Javelin Throw (U18M)	Final	U18
14:00	Boys	300m (U16B)	Final	U16
14:05	Boys	400m (U18M)	Final	U18
14:10	Men	400m (U20M)	Final	U20
14:15	Men	400m (SM)	Final	Senior
14:25	Boys	4x100m (U16B)	Final	U16
14:35	Boys	4x100m (U18M)	Final	U18

14:35	Men	4x100m (U20M/SM)	Final	Senior
14:45	Women & Girls	100m Hurdles (SW)	Final	Multiple
14:50	Girls	100m Hurdles (U18W)	Final	U18
15:00	Girls	80m Hurdles (U16G)	Final	U16
15:00	Boys	High Jump (U16B)	Final	U16
15:00	Boys	High Jump (U18M)	Final	U18
15:00	Men	High Jump (U20M)	Final	U20
15:10	Girls	100m (U14G Minithon)	Final A	U14
15:15	Girls	100m (U14G Minithon)	Final B	U14
15:15	Women	Long Jump (SW)	Final	Senior
15:15	Girls	Long Jump (U18W)	Final	U18
15:15	Women	Long Jump (U20W)	Final	U20
15:15	Girls	Discus Throw (U16G)	Final	U16
15:15	Girls	Discus Throw (U18W)	Final	U18
15:20	Girls	100m (U14G Minithon)	Final C	U14
15:25	Girls	800m (U14G Minithon)	Final A	U14
15:30	Girls	800m (U14G Minithon)	Final B	U14
15:30	Men	Javelin Throw (SM)	Final	Senior
15:30	Men	Javelin Throw (U20M)	Final	U20
15:45	Women	200m (SW)	Final	Senior
15:45	Girls	200m (U16G)	Final	U16
15:45	Girls	200m (U18W)	Final	U18
15:45	Women	200m (U20W)	Final	U20
15:50	Girls	800m (U16G)	Final A	U16
15:50	Girls	800m (U16G)	Final B	U16
16:00	Girls	800m (U18W)	Final	U18
16:00	Boys	Shot Put (U16B)	Final	U16
16:00	Boys	Shot Put (U18M)	Final	U18
16:05	Women & Girls	800m (U20W/SW)	Final	Multiple

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Time	Gender	Event	Round	Age group
10:30	Boys	300m Hurdles (U16B)	Final	U16
10:30	Women	Pole Vault (SW)	Final	Senior
10:30	Girls	Pole Vault (U16G)	Final	U16
10:30	Women	Pole Vault (U20W)	Final	U20
10:30	Men	Triple Jump (SM)	Final	Senior
10:30	Boys	Triple Jump (U16B)	Final	U16
10:30	Boys	Triple Jump (U18M)	Final	U18
10:30	Women	Hammer Throw (SW)	Final	Senior
10:30	Girls	Hammer Throw (U16G)	Final	U16
10:30	Girls	Hammer Throw (U18W)	Final	U18
10:30	Women	Hammer Throw (U20W)	Final	U20
10:45	Men & Boys	400m Hurdles (U20M/SM)	Final	Multiple
10:55	Girls	400m (U18W)	Heat 1	U18
10:55	Girls	400m (U18W)	Heat 2	U18
11:00	Men & Boys	5000m (U18M/U20M/SM/V35M/V40M/V45M)	Final	Multiple
11:00	Men	Shot Put (SM)	Final	Senior
11:00	Men	Shot Put (U20M)	Final	U20
11:00	Women	Shot Put (SW)	Final	Senior
11:00	Women	Shot Put (U20W)	Final	U20
11:30	Girls	100m (U16G)	Heat 1	U16
11:30	Girls	100m (U16G)	Heat 2	U16
11:30	Girls	100m (U16G)	Heat 3	U16
11:45	Girls	100m (U18W)	Heat 1	U18
11:45	Girls	100m (U18W)	Heat 2	U18
11:55	Mixed Adults & Youth	5000m (U18W/U20W/SW/VW/V50M UPWARDS)	Final	Multiple
12:00	Boys	High Jump (U14B Minithon)	Final Group A	U14
12:00	Boys	High Jump (U14B Minithon)	Final Group B	U14
12:00	Boys	Long Jump (U14B Minithon)	Final Group A	U14
12:00	Boys	Long Jump (U14B Minithon)	Final Group B	U14
12:00	Men	Discus Throw (SM)	Final	Senior

12:00	Men	Discus Throw (U20M)	Final	U20
12:00	Women	Discus Throw (SW)	Final	Senior
12:00	Women	Discus Throw (U20W)	Final	U20
12:35	Men	110m Hurdles (U20M)	Final	U20
12:45	Boys	110m Hurdles (U18M)	Final	U18
12:55	Boys	100m Hurdles (U16B)	Final	U16
13:05	Boys	200m (U16B)	Heat 1	U16
13:05	Boys	200m (U16B)	Heat 2	U16
13:15	Boys	200m (U18M)	Heat 1	U18
13:15	Boys	200m (U18M)	Heat 2	U18
13:25	Men	200m (SM)	Heat	Senior
13:30	Women	High Jump (SW)	Final	Senior
13:30	Girls	High Jump (U18W)	Final	U18
13:30	Women	High Jump (U20W)	Final	U20
13:30	Boys	Shot Put (U14B Minithon)	Final Group A	U14
13:30	Boys	Shot Put (U14B Minithon)	Final Group B	U14
13:30	Boys	Discus Throw (U14B Minithon)	Final Group A	U14
13:30	Boys	Discus Throw (U14B Minithon)	Final Group B	U14
13:35	Boys	800m (U18M)	Heat 1	U18
13:35	Boys	800m (U18M)	Heat 2	U18
13:45	Boys	800m (U16B)	Final A	U16
13:45	Boys	800m (U16B)	Final B	U16
13:45	Boys	800m (U16B)	Final C	U16
13:50	Girls	400m (U18W)	Final	U18
13:55	Women	400m (U20W)	Final	U20
14:00	Women	400m (SW)	Final	Senior
14:05	Girls	300m (U16G)	Final	U16
14:10	Girls	100m (U16G)	Final	U16
14:15	Girls	100m (U18W)	Final	U18
14:20	Women & Girls	100m (U20W/SW)	Final	Multiple
14:30	Girls	1500m (U16G)	Final	U16
14:30	Girls	Javelin Throw (U16G)	Final	U16
14:30	Girls	Javelin Throw (U18W)	Final	U18
14:40	Girls	1500m (U18W)	Final	U18
14:40	Women & Girls	1500m (U20W/SW)	Final	Multiple
14:50	Girls	4x100m (U16G)	Final	U16
14:55	Girls	4x100m (U18W)	Final	U18
14:55	Women	4x100m (U20W/SW)	Final	Senior
15:00	Boys	Long Jump (U16B)	Final	U16
15:05	Boys	200m (U16B)	Final	U16
15:10	Boys	200m (U18M)	Final	U18
15:15	Men	200m (U20M)	Final	U20
15:20	Men	200m (SM)	Final	Senior
15:25	Boys	100m (U14B Minithon)	Final A	U14
15:30	Boys	100m (U14B Minithon)	Final B	U14
15:35	Boys	100m (U14B Minithon)	Final C	U14
15:40	Boys	800m (U14B Minithon)	Final A	U14
15:45	Boys	800m (U14B Minithon)	Final B	U14
15:50	Boys	800m (U14B Minithon)	Final C	U14
15:55	Men & Boys	800m (U20M/SM)	Final	Multiple
16:00	Boys	800m (U18M)	Final	U18
16:00	Girls	High Jump (U16G)	Final	U16
16:00	Men	Long Jump (SM)	Final	Senior
16:00	Boys	Long Jump (U18M)	Final	U18
16:00	Men	Long Jump (U20M)	Final	U20
16:00	Women	Javelin Throw (SW)	Final	Senior
16:00	Women	Javelin Throw (U20W)	Final	U20