

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		OPEN (20+)	
SATURDAY	2015		2014		2013		2012		2011		2010/2009		2008/2007		2006/2005		2004-	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M			F	M
9:00									HT		HT	TJ		JT		JT		JT
9:45							JT			HT	TJ	HT						
10:30								JT					HT		HT		HT	
11:15		SP											LJ	HT	LJ	HT	LJ	HT
12:00	SP		LJ		LJ				HJ		HJ							
12:45													LJ		LJ		LJ	
1:30							LJ		HJ		HJ	SP		SP		SP		SP
2:15								LJ					SP		SP		SP	
3:00						SP			LJ				JT		JT		JT	
3:45				JT	SP					LJ								
4:15																		

  

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		OPEN (20+)	
SUNDAY	2015		2014		2013		2012		2011		2010/2009		2008/2007		2006/2005		2004-	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M			F	M
9:00		LJ	JT		JT		DT		DT		SP		HJ		HJ		HJ	
9:45	LJ					JT		DT		DT		SP	HJ		HJ		HJ	
10:30									JT		DT	LJ	DT					
11:15				LJ		LJ										DT		DT
12:00							SP		SP	JT		DT	TJ	DT	TJ		TJ	
12:45			SP								JT			TJ	DT	TJ	DT	TJ
1:30								SP		SP	LJ	JT						
2:15				SP														
3:00																		

SATURDAY	TRACK			SUNDAY	TRACK		
9:00	80mH	100mH	110mH	9:00	300mH	400mH	
9:45	1000m	1200m	1500m	9:45	2000m	3000m	
10:30	100m heats			10:30	60m Finals		
11:15	300m Finals, 400m Finals			11:15	200m heats		
12:00	rascals	JD awards		12:00	1500m RW		
12:45				12:45			
1:30	1500m SC	2000m SC	3000m SC	1:30	600m	800m	
2:15	100m Finals			2:15	200m finals		
3:00				3:00	4x400m relays		
3:45	4x100m relays			3:45			
4:15							

Track takes precedence! If there are conflicts, athletes should check into both events and attend track first.

Track events run youngest to oldest; alternating female then male except hurdles.

In field events, athletes up to 13 years old get 3 attempts (unless completing with older athletes); 14 years old and older get 4 attempts.