

MISSA

EVENTS PROGRAMME

All heats are programmed "as required". Where heats become unnecessary due to insufficient entries, the race will be run at the programmed final time. The only exception being the 300m hurdles.

| Event # | Event | Grade | Heat/Final | Time |
|----------------|--------------|--------------------|-------------------|-------------|
| 1 | High Jump | Int. Boys | Final | 9.45am |
| 2 | Long Jump | Snr. Girls | Final | 9.45 |
| 3 | Triple Jump | Snr. Boys | Final | 9.45 |
| 4 | Shot Put | Jnr. Girls | Final | 9.45 |
| 5 | Hammer | Girls Open | Final | 9.45 |
| 6 | Hammer | Girls AWD/PARA- ID | Final | 9.45 |
| 7 | Hammer | Girls AWD/PARA-PD | Final | 9.45 |
| 8 | Discus | Jnr. Boys | Final | 9.45 |
| 9 | Javelin | Int. Girls | Final | 9.45 |
| 10 | Javelin | Girls AWD/PARA- ID | Final | 9.45 |
| 11 | Javelin | Girls AWD/PARA-PD | Final | 9.45 |
| 12 | 300m Hurdles | Girls Open | Heats/Final | 10.00 |
| 13 | 300m Hurdles | Boys Open | Heats/Final | 10.05 |
| 14 | 200m | Jnr. Girls | Heats | 10.15 |
| 15 | 200m | Jnr. Boys | Heats | 10.20 |
| 16 | 200m | Int. Girls | Heats | 10.25 |

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|----|-------------|--------------------|-------------|-------|
| 17 | 200m | Girls AWD/PARA- ID | Heats/Final | 10.35 |
| 18 | 200m | Girls AWD/PARA-PD | Heats/Final | 10.35 |
| 19 | 200m | Int. Boys | Heats | 10.30 |
| 20 | 200m | Boys AWD/PARA- ID | Heats/Final | 10.40 |
| 21 | 200m | Boys AWD/PARA-PD | Heats/Final | 10.40 |
| 22 | 200m | Snr. Girls | Heats | 10.35 |
| 23 | 200m | Snr. Boys | Heats | 10.40 |
| 24 | High Jump | Jnr. Girls | Final | 10.40 |
| 25 | Long Jump | Jnr. Boys | Final | 10.40 |
| 26 | Triple Jump | Int. Girls | Final | 10.45 |
| 27 | Shot Put | Int. Boys | Final | 10.45 |
| 28 | Discus | Boys AWD/PARA- ID | Final | 10.45 |
| 29 | Discus | Boys AWD/PARA-PD | Final | 10.45 |

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|----|---------|------------|-------|-------|
| 30 | Discus | Snr. Girls | Final | 10.45 |
| 31 | Javelin | Snr. Boys | Final | 10.45 |
| 32 | 800m | Jnr. Girls | Final | 10.45 |
| 33 | 800m | Jnr. Boys | Final | 10.50 |
| 34 | 800m | Int. Girls | Final | 10.55 |
| 35 | 800m | Int. Boys | Final | 11.00 |
| 36 | 800m | Snr Girls | Final | 11.05 |
| 37 | 800m | Snr Boys | Final | 11.10 |

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|----|--------------|--------------------|-------------|-------|
| 38 | 3000m | Girls Open | Final | 11.15 |
| 39 | 110m Hurdles | Snr. Boys | Heats | 11.30 |
| 40 | 100m Hurdles | Int. Boys | Heats | 11.35 |
| 41 | 100m Hurdles | Snr. Girls | Heats | 11.40 |
| 42 | 80m Hurdles | Jnr. Boys | Heats | 11.45 |
| 43 | Shot Put | Snr. Boys | Final | 11.45 |
| 44 | Discus | Jnr. Girls | Final | 11.45 |
| 45 | Javelin | Jnr. Boys | Final | 11.45 |
| 46 | High Jump | Int. Girls | Final | 11.45 |
| 47 | Triple Jump | Snr. Girls | Final | 11.50 |
| 48 | 80m Hurdles | Int. Girls | Heats | 11.50 |
| 49 | 70m Hurdles | Jnr Girls | Heats | 11.55 |
| 50 | Long Jump | Int. Boys | Final | 11.55 |
| 51 | Long Jump | Boys AWD/PARA- ID | Final | 11.55 |
| 52 | Long Jump | Boys AWD/PARA-PD | Final | 11.55 |
| 53 | 400m | Jnr. Girls | Heats | 12.00 |
| 54 | 400m | Jnr. Boys | Heats | 12.05 |
| 55 | 400m | Int. Girls | Heats | 12.10 |
| 56 | 400m | Girls AWD/PARA- ID | Heats/Final | 12.20 |
| 57 | 400m | Girls AWD/PARA-PD | Heats/Final | 12.20 |
| 58 | 400m | Int. Boys | Heats | 12.15 |

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|----|-------|---------------------------|-------------|-------|
| 58 | 400m | Int. Boys | Heats | 12.15 |
| 59 | 400m | Boys AWD/PARA- ID | Heats/Final | 12.25 |
| 60 | 400m | Boys AWD/PARA-PD | Heats/Final | 12.25 |
| 61 | 400m | Snr. Girls | Heats | 12.20 |
| 62 | 400m | Snr. Boys | Heats | 12.25 |
| 63 | 100m | Jnr. Girls | Heats | 12.30 |
| 64 | 100m | Jnr. Boys | Heats | 12.35 |
| 65 | 100m | Int. Girls | Heats | 12.40 |
| 66 | 100m | Girls AWD/PARA- ID | Heats/Final | 12.55 |
| 67 | 100m | Girls AWD/PARA-PD | Heats/Final | 12.55 |
| 68 | 100m | Int. Boys | Heats | 12.45 |
| 69 | 100m | Boys AWD/PARA- ID | Heats/Final | 1.00 |
| 70 | 100m | Boys AWD/PARA-PD | Heats/Final | 1.00 |
| 71 | 100m | Snr. Girls | Heats | 12.55 |
| 72 | 100m | Snr. Boys | Heats | 1.00 |
| 73 | 3000m | Open. Boys | Final | 1.05 |
| 74 | 3000m | Jnr. Boys | Final | 1.05 |
| 75 | 3000m | Int. Boys | Final | 1.15 |
| 76 | 3000m | Snr. Boys | Final | 1.30 |
| | | LUNCH – Track only | | |

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|-----|--------------|--------------------|-------|------|
| 77 | Shot Put | Int. Girls | Final | 1.00 |
| 78 | Shot Put | Girls AWD/PARA- ID | Final | 1.00 |
| 79 | Shot Put | Girls AWD/PARA-PD | Final | 1.00 |
| 80 | Discus | Int. Boys | Final | 1.00 |
| 81 | Discus | Boys AWD/PARA- ID | Final | 1.00 |
| 82 | Discus | Boys AWD/PARA-PD | Final | 1.00 |
| 83 | Javelin | Snr. Girls | Final | 1.00 |
| 84 | High Jump | Snr. Boys | Final | 1.00 |
| 85 | Triple Jump | Jnr. Boys | Final | 1.05 |
| 86 | Long Jump | Jnr. Girls | Final | 1.10 |
| 87 | 2000m Walk | Mixed Open | Final | 1.45 |
| 88 | Javelin | Jnr. Girls | Final | 2.00 |
| 89 | Shot Put | Snr. Girls | Final | 2.00 |
| 90 | Discus | Snr. Boys | Final | 2.00 |
| 12F | 300m Hurdles | Girls Open | Final | 2:00 |
| 13F | 300m Hurdles | Boys Open | Final | 2:02 |
| 91 | 4x100 Relay | Jnr. Girls | Heats | 2.06 |
| 92 | 4x100 Relay | Jnr. Boys | Heats | 2.10 |
| 93 | High Jump | Jnr. Boys | Final | 2.10 |
| 94 | 4x100 Relay | Int. Girls | Heats | 2.14 |
| 95 | 4x100 Relay | Mixed AWD/PARA- ID | Final | 2.14 |

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| 96 | 4x100 Relay | Mixed AWD/PARA-PD | Final (if required) | 2.14 |
| 97 | 4x100 Relay | Int. Boys | Heats | 2.18 |
| 98 | Long Jump | Int. Girls | Final | 2.20 |
| 99 | Long Jump | Girls AWD/PARA- ID | Final | 2.20 |
| 100 | Long Jump | Girls AWD/PARA-PD | Final | 2.20 |
| 101 | Triple Jump | Int. Boys | Final | 2.20 |
| 102 | 4x100 Relay | Snr. Girls | Heats | 2.22 |
| 103 | 4x100 Relay | Snr. Boys | Heats | 2.26 |
| 14F | 200m | Jnr. Girls | Final | 2.30 |
| 15F | 200m | Jnr. Boys | Final | 2.33 |
| 16F | 200m | Int. Girls | Final | 2.36 |
| 19F | 200m | Int. Boys | Final | 2.39 |
| 17F | 200m | Girls AWD/PARA- ID | Final | 2.40 |
| 18F | 200m | Girls AWD/PARA-PD | Final | 2.40 |
| 20F | 200m | Boys AWD/PARA- ID | Final | 2.45 |
| 21F | 200m | Boys AWD/PARA-PD | Final | 2.45 |
| 22F | 200m | Snr. Girls | Final | 2.42 |
| 23F | 200m | Snr. Boys | Final | 2:45 |
| 39F | 110m Hurdles | Snr. Boys | Final | 2:50 |
| 40F | 100m Hurdles | Int. Boys | Final | 2:55 |

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| 41F | 100m Hurdles | Snr. Girls | Final | 3:00 |
| 104 | Shot Put | Jnr. Boys | Final | 3:00 |
| 105 | Hammer | Open Boys | Final | 3:00 |
| 106 | Hammer | Boys AWD/PARA- ID | Final | 3.00 |
| 107 | Hammer | Boys AWD/PARA-PD | Final | 3.00 |
| 108 | Discus | Int. Girls | Final | 3:00 |
| 109 | Discus | Girls AWD/PARA- ID | Final | 3.00 |
| 110 | Discus | Girls AWD/PARA-PD | Final | 3.00 |
| 111 | Javelin | Int. Boys | Final | 3:00 |
| 112 | Javelin | Boys AWD/PARA- ID | Final | 3.00 |
| 113 | Javelin | Boys AWD/PARA-PD | Final | 3.00 |
| 42F | 80m Hurdles | Jnr.Boys | Final | 3:05 |
| 48F | 80m Hurdles | Int. Girls | Final | 3:10 |
| 49F | 70m Hurdles | Jnr.Girls | Final | 3:15 |

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| 114 | 1500m | Jnr. Girls | Final | 3:18 |
| 115 | 1500m | Jnr. Boys | Final | 3.25 |
| 116 | High Jump | Snr. Girls | Final | 3:30 |
| 63F | 100m | Jnr. Girls | Final | 3:32 |
| 64F | 100m | Jnr. Boys | Final | 3:35 |
| 65F | 100m | Int. Girls | Final | 3:38 |
| 117 | Triple Jump | Jnr. Girls | Final | 3:40 |

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| 68F | 100m | Int. Boys | Final | 3:41 |
| 66F | 100m | Girls AWD/PARA- ID | Final | 3:44 |
| 67F | 100m | Girls AWD/PARA-PD | Final | 3.44 |
| 69F | 100m | Boys AWD/PARA- ID | Final | 3.44 |
| 70F | 100m | Boys AWD/PARA-PD | Final | 3:44 |
| 71F | 100m | Snr. Girls | Final | 3:47 |
| 72F | 100m | Snr. Boys | Final | 3:50 |
| 53F | 400m | Jnr. Girls | Final | 3:53 |
| 118 | Long Jump | Snr. Boys | Final | 3:55 |
| 54F | 400m | Jnr. Boys | Final | 3:56 |
| 55F | 400m | Int. Girls | Final | 3:59 |
| 58F | 400m | Int. Boys | Final | 4.02 |
| 56F | 400m | Girls AWD/PARA- ID | Final | 4.05 |
| 57F | 400m | Girls AWD/PARA-PD | Final | 4.05 |
| 59F | 400m | Boys AWD/PARA- ID | Final | 4.05 |
| 60F | 400m | Boys AWD/PARA-PD | Final | 4:05 |
| 61F | 400m | Snr. Girls | Final | 4.10 |
| 62F | 400m | Snr. Boys | Final | 4.13 |
| 119 | 1500m | Int. Girls | Final | 4:17 |
| 120 | 1500m | Int. Boys | Final | 4:25 |
| 121 | 1500m | Snr. Girls | Final | 4:31 |

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| 122 | 1500m | Snr. Boys | Final | 4:37 |
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| Presentation of the Albert Pootjes Memorial Trophy | | | | |
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| 91F | 4x100 Relay | Jnr. Girls | Final | 4.42 |
| 92F | 4x100 Relay | Jnr. Boys | Final | 4.47 |
| 94F | 4x100 Relay | Int. Girls | Final | 4.55 |
| 97F | 4x100 Relay | Int. Boys | Final | 5.00 |

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| 102F | 4x100 Relay | Snr. Girls | Final | 5.05 |
| 103F | 4x100 Relay | Snr. Boys | Final | 5:10 |