

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 hurdles races and school relays.

Event #	Event	Grade	Heat/Final	Time
1	Hammer Throw	ALL GRADES	Final	8am* to confirm with official
2	High Jump	Int. Boys	Final	9.45am
3	Long Jump	Snr. Girls	Final	9.45
4	Triple Jump	Snr. Boys	Final	9.45
5	Shot Put	Jnr. Girls	Final	9.45 (Inside of Track)
6	Discus	Jnr. Boys	Final	9.45
7	Javelin	Int. Girls	Final	9.45
8	Javelin	Girls AWD/PARA- ID	Final	9.45
9	Javelin	Girls AWD/PARA-PD	Final	9.45
10	300m Hurdles	Girls Open	Final	10.00
11	300m Hurdles	Boys Open	Final	10.05
12	200m	Jnr. Girls	Heats	10.15
13	200m	Jnr. Boys	Heats	10.20
14	200m	Int. Girls	Heats	10.25
15	200m	Girls AWD/PARA- ID	Heats/Final	10.35
16	200m	Girls AWD/PARA-PD	Heats/Final	10.35
17	200m	Int. Boys	Heats	10.30
18	200m	Boys AWD/PARA- ID	Heats/Final	10.40
19	200m	Boys AWD/PARA-PD	Heats/Final	10.40
20	200m	Snr. Girls	Heats	10.35
21	200m	Snr. Boys	Heats	10.40
22	High Jump	Jnr. Girls	Final	10.40
23	Long Jump	Jnr. Boys	Final	10.40
24	Triple Jump	Int. Girls	Final	10.45
25	Shot Put	Int. Boys	Final	10.45
26	Discus	Boys AWD/PARA- ID	Final	10.45
27	Discus	Boys AWD/PARA-PD	Final	10.45
28	Discus	Snr. Girls	Final	10.45
29	Javelin	Snr. Boys	Final	10.45
30	800m	Jnr. Girls	Final	10.45
31	800m	Jnr. Boys	Final	10.50
32	800m	Int. Girls	Final	10.55
33	800m	Int. Boys	Final	11.00
34	800m	Snr Girls	Final	11.05
35	800m	Snr Boys	Final	11.10
36	3000m	Girls Open	Final	11.15
37	110m Hurdles	Snr. Boys	Final	11.30
38	100m Hurdles	Int. Boys	Final	11.35
39	100m Hurdles	Snr. Girls	Final	11.40
40	80m Hurdles	Jnr. Boys	Heats/Final	11.45
41	Shot Put	Snr. Boys	Final	11.45
42	Discus	Jnr. Girls	Final	11.45
43	Javelin	Jnr. Boys	Final	11.45
44	High Jump	Int. Girls	Final	11.45
45	Triple Jump	Snr. Girls	Final	11.50
46	80m Hurdles	Int. Girls	Final	11.50
47	70m Hurdles	Jnr Girls	Final	11.55
48	Long Jump	Int. Boys	Final	11.55
49	Long Jump	Boys AWD/PARA- ID	Final	11.55
50	Long Jump	Boys AWD/PARA-PD	Final	11.55
51	400m	Jnr. Girls	Heats	12.00
52	400m	Jnr. Boys	Heats	12.05
53	400m	Int. Girls	Heats	12.10
54	400m	Int. Boys	Heats	12.15

55	400m	Snr. Girls	Heats	12.20
56	400m	Girls AWD/PARA- ID	Heats/Final	12.20
57	400m	Girls AWD/PARA-PD	Heats/Final	12.20
58	400m	Boys AWD/PARA- ID	Heats/Final	12.25
59	400m	Boys AWD/PARA-PD	Heats/Final	12.25
60	400m	Snr. Boys	Heats	12.25
61	100m	Jnr. Girls	Heats	12.30
62	100m	Jnr. Boys	Heats	12.35
63	100m	Int. Girls	Heats	12.40
64	100m	Int. Boys	Heats	12.45
65	100m	Girls AWD/PARA- ID	Heats/Final	12.55
66	100m	Girls AWD/PARA-PD	Heats/Final	12.55
67	100m	Snr. Girls	Heats	12.55
68	100m	Boys AWD/PARA- ID	Heats/Final	1.00
69	100m	Boys AWD/PARA-PD	Heats/Final	1.00
70	100m	Snr. Boys	Heats	1.00
		LUNCH – Track only		
71	Shot Put	Int. Girls	Final	1.00
72	Shot Put	Girls AWD/PARA- ID	Final	1.00
73	Shot Put	Girls AWD/PARA-PD	Final	1.00
74	Discus	Int. Boys	Final	1.00
75	Discus	Boys AWD/PARA- ID	Final	1.00
76	Discus	Boys AWD/PARA-PD	Final	1.00
77	Javelin	Snr. Girls	Final	1.00
78	High Jump	Snr. Boys	Final	1.00
79	3000m	Open. Boys	Final	1.05
80	Triple Jump	Jnr. Boys	Final	1.05
81	Long Jump	Jnr. Girls	Final	1.10
82	2000m Walk	Mixed Open	Final	1.25
83	4x100 Relay	Jnr. Girls	Final	1.50
84	4x100 Relay	Jnr. Boys	Final	1.54
85	4x100 Relay	Int. Girls	Final	1.58
86	Javelin	Jnr. Girls	Final	2.00
87	Shot Put	Snr. Girls	Final	2.00
88	Discus	Snr. Boys	Final	2.00
89	4x100 Relay	Int. Boys	Final	2.02
90	4x100 Relay	Snr. Girls	Final	2.06
91	4x100 Relay	Snr. Boys	Final	2.10
91	High Jump	Jnr. Boys	Final	2.10
93	Long Jump	Int. Girls	Final	2.20
94	Long Jump	Girls AWD/PARA- ID	Final	2.20
95	Long Jump	Girls AWD/PARA-PD	Final	2.20
96	Triple Jump	Int. Boys	Final	2.20
12F	200m	Jnr. Girls	Final	2.30
13F	200m	Jnr. Boys	Final	2.33
14F	200m	Int. Girls	Final	2.36
17F	200m	Int. Boys	Final	2.39
15F	200m	Girls AWD/PARA- ID	Final	2.40
16F	200m	Girls AWD/PARA-PD	Final	2.40
18F	200m	Boys AWD/PARA- ID	Final	2.45
19F	200m	Boys AWD/PARA-PD	Final	2.45
20F	200m	Snr. Girls	Final	2.42
21F	200m	Snr. Boys	Final	2:45
97	Shot Put	Jnr. Boys	Final	3:00 (Inside of Track)
98	Discus	Int. Girls	Final	3:00
99	Discus	Girls AWD/PARA- ID	Final	3.00
100	Discus	Girls AWD/PARA-PD	Final	3.00
101	Javelin	Int. Boys	Final	3:00
102	Javelin	Boys AWD/PARA- ID	Final	3.00
103	Javelin	Boys AWD/PARA-PD	Final	3.00
40F	80m Hurdles	Jnr. Boys	Final (if required)	3:05
104	1500m	Jnr. Girls	Final	3:18

105	1500m	Jnr. Boys	Final	3:25
106	High Jump	Snr. Girls	Final	3:30
61F	100m	Jnr. Girls	Final	3:32
62F	100m	Jnr. Boys	Final	3:35
63F	100m	Int. Girls	Final	3:38
107	Triple Jump	Jnr. Girls	Final	3:40
64F	100m	Int. Boys	Final	3:41
65F	100m	Girls AWD/PARA- ID	Final	3:44
66F	100m	Girls AWD/PARA-PD	Final	3:44
68F	100m	Boys AWD/PARA- ID	Final	3:44
69F	100m	Boys AWD/PARA-PD	Final	3:44
67F	100m	Snr. Girls	Final	3:47
70F	100m	Snr. Boys	Final	3:50
53F	400m	Jnr. Girls	Final	3:53
108	Long Jump	Snr. Boys	Final	3:55
51F	400m	Jnr. Boys	Final	3:56
53F	400m	Int. Girls	Final	3:59
54F	400m	Int. Boys	Final	4:02
56F	400m	Girls AWD/PARA- ID	Final	4:05
57F	400m	Girls AWD/PARA-PD	Final	4:05
58F	400m	Boys AWD/PARA- ID	Final	4:05
59F	400m	Boys AWD/PARA-PD	Final	4:05
55F	400m	Snr. Girls	Final	4:10
60F	400m	Snr. Boys	Final	4:13
109	1500m	Int. Girls	Final	4:17
110	1500m	Int. Boys	Final	4:25
111	1500m	Snr. Girls	Final	4:31
112	1500m	Snr. Boys	Final	4:37

Presentation of the Albert Pootjes Memorial Trophy
