

Session Start Time	GIRLS					BOYS					
	12 years	13 years	14 Years	15 Years	16-17 years	12 years	13 years	14 Years	15 Years	16-17 years	
8:30am	Long Jump	Long Jump	Javelin	Discus	Shot Put	Long Jump	Long Jump	Javelin	Discus	Shot Put	Session 1
9:00am 9:25am	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	
9:30am	High Jump	High Jump	Long Jump	Javelin	Discus	High Jump	High Jump	Long Jump	Javelin	Discus	Session 2
10:00am 10:20am	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	
10:30am	/	Triple Jump	High Jump	Long Jump	Javelin	/	Triple Jump	High Jump	Long Jump	Javelin	Session 3
10:45am 11:15am	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	
11:30am	Shot Put	Shot Put	Triple Jump	High Jump	Long Jump	Shot Put	Shot Put	Triple Jump	High Jump	Long Jump	Session 4
12:15pm	100 Metre Gift Race										
12:30pm	Discus	Discus	Shot Put	Triple Jump	High Jump	Discus	Discus	Shot Put	Triple Jump	High Jump	
12:45pm 1:15pm	/	400 Metres	400 Metres	400 Metres	400 Metres	/	400 Metres	400 Metres	400 Metres	400 Metres	Session 5
1:30pm	/	Javelin	Discus	Shot Put	Triple Jump	/	Javelin	Discus	Shot Put	Triple Jump	
1:45pm	/	1500 Metres	1500 Metres	1500 Metres	1500 Metres	/	1500 Metres	1500 Metres	1500 Metres	1500 Metres	