

Date	WEDNESDAY 27 MARCH, 2019													
Age	12		13		14		15		16		17		OPEN	
Gender	G	B	G	B	G	B	G	B	G	B	G	B	G	B
9:00am	100m	100m					Javelin	Long jump	Discus			High jump	Shot put	Triple jump
9:15am			100m	100m										
9:30am			Javelin		100m	100m								
9:45am		Discus		Triple jump	High jump	Shot put	100m	100m					Long jump	
10:00am									100m	100m				
10:15am	Long jump									Javelin	100m	100m		
10:30am								Discus			High jump	Shot put	100m	100m
10:45am	1500m													Long jump
11:00am	High jump		1500m					Javelin					Triple jump	
11:15am					1500m									
11:30am		Javelin	High jump		Shot put	Triple jump	1500m							Discus
11:45am							Long jump		1500m					
12:00pm				Shot put					High jump	1500m				
12:15pm	Discus				Triple jump	Long jump		Javelin					1500m	
12:30pm														
12:45pm	200m	200m						Discus		Shot put			Triple jump	
1:00pm			200m	200m						Long jump				
1:15pm			Discus	High jump	200m	200m					Shot put			Javelin
1:30pm							200m	200m						
1:45pm							Triple jump		200m	200m				
2:00pm	Javelin	High jump								Shot put	200m	200m		
2:15pm											Triple jump	Long jump	200m	200m
2:20pm													Discus	
2:25pm	100m Final													
2:30pm			100m Final											
2:35pm			Shot put	Javelin	100m Final									
2:40pm							100m Final							
2:45pm		Triple jump							100m Final					
2:50pm					Long jump	Discus			High jump		100m Final			
2:55pm													100m Final	
3:00pm														
3:15pm											House Mascot 4 x 100m Relay			
3:30pm														
Date	SATURDAY 30 MARCH, 2019													
Age	12		13		14		15		16		17		OPEN	
Gender	G	B	G	B	G	B	G	B	G	B	G	B	G	B
8:45		Shot put			Discus	Javelin		High jump		Triple jump	Long jump	400m		
9:00				400m										
9:15				Long jump			400m					Discus		
9:30	Triple jump		Triple jump				Shot put		400m				Javelin	High jump
9:45		400m												
10:00			Long jump		Javelin			400m			Discus			
10:15						400m	High jump	Shot put						
10:30		Long jump		Discus					Triple jump		Javelin		400m	
10:45	400m					High jump							400m	
11:00										400m				Shot put
11:15			400m					Triple jump	Long jump	Discus	400m			
11:30					400m						Javelin		High jump	
11:45	Shot put													
12:00											Senior Boys 4 x 100m relay			
12:05pm	Open Girls 4 x 100m relay													
12:10pm	Sub-junior Boys 4 x 100m relay													
12:15pm	Junior Boys 4 x 100m relay													
12:20pm	Tug-O-War													
12:30pm	Presentations													