

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 | | | | | | | | | | | | | | | |