

Programme

Track

- 1.00pm 400m Under 7 Girls and Boys
- 1.25pm 800m Grades 7-9 Girls and Boys
- 1.45pm 3000m Community Fun
- 2.15pm 2000m Grade 10 and 11 Boys and Girls (2 Races)
- 2.35pm 60m Grades 10 to 14 Boys and Girls
- 2.55pm 100m U16, U18, U20, Senior Women and Men
- 3.15pm 2000m Walk U12, U14, U16, U18, U20, Senior Women, Men and Girls and Boys
- 3.40pm 3000m Grades 12, 13, 14, 15 Boys and Girls (4 Races)
- 4.40pm Sprint Hurdles (110m/100m/80m) 12, 13, 14 Boys & Girls, U16, U18, U20, Senior Women and Men
- 5.25pm 100m Grades 10 to 14 Boys and Girls
- 5.45pm 400m U16, U18, U20, Seniors Women and Men
- 6.10pm 3000m U18 Women and Men (1 Race)
- 6.30pm 5000m U20, Senior Women and Men (1 Race)

Field

- 2.00pm High Jump U16, U18, U20, Senior Women and Junior Women
- 2.00pm Javelin U16, U18, U20, Senior Women and Men
- 3.15pm High Jump Grades 10, 11, 12, 13, 14 Boys and Girls
- 3.15pm Discus Grades 10, 11, 12, 13, 14 Boys and Girls
- 4.15pm High Jump U16, U18, U20, Senior Men and Junior Men
- 4.15pm Long Jump 10, 11, 12, 13, 14 Boys and Girls
- 5.30pm Long Jump U16, U18, U20, Senior Men and Junior Men
- 5.30pm Discus U16, U18, U20, Senior Women and Junior Women
- 6.30pm Long Jump U16, U18, U20, Senior Women and Junior Women
- 6.30pm Discus U16, U18, U20, Senior Men and Junior Men

Senior programme including the Grade 10 - 11 2000m Champs, Grade 12 - 14 3000m Champs, U16 & U18 3000m Champs and U20 & Senior 5000m Champs, and all Walks Pre-entry required. No late or on the day entries.

Junior programme. Enter on the day by the equipment shed trackside - No pre-entry required for other Junior events.