

Track Events Timetable									
Time		Event	Age Group		Time		Event	Age Group	
11.00	T1	400m Hurdles	<b>u19B</b>		15.00	T38	1500 metres	Junior Girls	
	T2	400m Hurdles	<b>u18B</b>			T39	1500 metres	Inter Girls	
	T3	400m Hurdles	<b>u19G</b>			T40	1500 metres	Senior Girls	
	T4	400m Hurdles	<b>u18G</b>						
	T5	300m Hurdles	<b>u16B</b>		15.20	T41	110H Heats	<b>u19B</b>	
	T6	300m Hurdles	<b>u16G</b>			T42	110H Heats	<b>u18B</b>	
						T43	100H Heats	<b>u19G</b>	
11.30	T7a	1500m Steeplechase	Senior Girls			T44	100H Heats	<b>u16B</b>	
	T7b	1500m Steeplechase	Inter Girls			T45	100H Heats	<b>u18G</b>	
						T46	80H Heats	<b>u16G</b>	
11.45	T8	100 metres Heats	Senior Boys			T47	80H Heats	<b>u14B</b>	
	T9	100 metres Heats	Senior Girls			T48	75H Heats	<b>u14G</b>	
	T10	100 metres Heats	Inter Boys						
	T11	100 metres Heats	Inter Girls		16.05	T49	800 metres Seeded races	Junior Girls	
	T12	100 metres Heats	Junior Boys			T50	800 metres Seeded races	Inter Girls	
	T13	100 metres Heats	Junior Girls			T51	800 metres Seeded races	Senior Girls	
						T52	800 metres Seeded races	Junior Boys	
12.20	T14	1500m Steeplechase	Inter Boys			T53	800 metres Seeded races	Inter Boys	
						T54	800 metres Seeded races	Senior Boys	
12.30	T15	1500 metres	Junior Boys						
	T16	1500 metres	Inter Boys		16.35	T55	200 metres Final	Junior Girls	
	T17	1500 metres	Senior Boys			T56	200 metres Final	Junior Boys	
						T57	200 metres Final	Inter Girls	
12.50	T18	300 metres Seeded races	Junior Girls			T58	200 metres Final	Inter Boys	
	T19	300 metres Seeded races	Inter Girls			T59	200 metres Final	Senior Girls	
	T20	300 metres Seeded races	Junior Boys			T60	200 metres Final	Senior Boys	
13.10	T21	2000m Steeplechase	Senior Boys		16.50	T61a	3000 metres	Inter Boys	
						T61b	3000 metres	Senior Boys	
13.20	T22	400 metres Seeded races	Senior Girls						
	T23	400 metres Seeded races	Inter Boys		17.00	T62	110H Final	<b>u19B</b>	
	T24	400 metres Seeded races	Senior Boys			T63	110H Final	<b>u18B</b>	
						T64	100H Final	<b>u19G</b>	
13.35	T25	100 metres Final	Senior Boys			T65	100H Final	<b>u16B</b>	
	T26	100 metres Final	Senior Girls			T66	100H Final	<b>u18G</b>	
	T27	100 metres Final	Inter Boys			T67	80H Final	<b>u16G</b>	
	T28	100 metres Final	Inter Girls			T68	80H Final	<b>u14B</b>	
	T29	100 metres Final	Junior Boys			T69	75H Final	<b>u14G</b>	
	T30	100 metres Final	Junior Girls						
					17.20	T70	Mixed Relays	Juniors	
14.00	T31a	3000 metres	Inter Girls			T71	Mixed Relays	Intermediates	
	T31b	3000 metres	Senior Girls			T72	Mixed Relays	Seniors	
Lunch Break									
14.30	T32	200 metres Heats	Junior Girls						
	T33	200 metres Heats	Junior Boys						
	T34	200 metres Heats	Inter Girls						
	T35	200 metres Heats	Inter Boys						
	T36	200 metres Heats	Senior Girls						
	T37	200 metres Heats	Senior Boys						

**Seeded races** take place if entry numbers are greater than that deemed safe for one Final.