

Monday 1st April 2019

Day 1 Track Timetable				Day 1 Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
8:30 AM	WELCOME TO COUNTRY			8:30 AM	WELCOME TO COUNTRY		
9:30 AM	10000 Race Walk	Under 20 Men	Final	9:00 AM	Shot Put	Under 15 Girls	Final
9:30 AM	10000 Race Walk	Under 20 Women	Final	9:00 AM	High Jump	Under 15 Boys	Final
				9:00 AM	Discus	Under 16 Boys - Para	Final
				9:00 AM	Discus	Under 20 Men - Para	Final
10:30 AM	100 metres	Under 15 Girls	Heats	9:30 AM	Long Jump	Under 20 Men	Final
10:45 AM	100 metres	Under 15 Boys	Heats				
11:00 AM	100 metres	Under 16 Girls	Heats	10:30 AM	Shot Put	Under 16 Girls	Final
				10:30 AM	High Jump	Under 16 Boys	Final
				10:30 AM	Pole Vault	Under 20 Women	Final
				10:30 AM	Discus	Under 16 Girls - Para	Final
				10:30 AM	Discus	Under 20 Women - Para	Final
11:15 AM	100 metres	Under 16 Boys	Heats				
11:30 AM	100 metres	Under 16 Girls - Para	Heats	12:00 PM	Discus	Secured (U16/U20 Men & Women)	Final
11:10 AM	100 metres	Under 16 Boys - Para	Heats				
11:35 AM	100 metres	Under 20 Men - Para	Heats	1:00 PM	Shot Put	Under 15 Boys	Final
11:45 AM	100 metres	Under 20 Women - Para	Heats				
11:55 AM	100 metres	Under 20 Men	Heats	1:30 PM	Javelin	Under 20 Men	Final
12:10 PM	100 metres	Under 20 Women	Heats	1:30 PM	Long Jump	Under 20 Women	Final
				1:30 PM	High Jump	Under 15 Girls	Final
12:30 PM	400 metres	Under 15 Girls	Heats				
12:45 PM	400 metres	Under 15 Boys	Heats	2:00 PM	Pole Vault	Under 20 Men	Final
1:00 PM	400 metres	Under 16 Girls	Heats				
1:15 PM	400 metres	Under 16 Boys	Heats				
1:30 PM	400 metres	Under 20 Men	Heats				
1:45 PM	400 metres	Under 20 Women	Heats				
1:55 PM	100 metres	Under 15 Girls	Final				
2:00 PM	100 metres	Under 15 Boys	Final				
2:05 PM	100 metres	Under 16 Girls	Final				
2:10 PM	100 metres	Under 16 Boys	Final				
2:15 PM	100 metres	Under 16 Girls - Para	Final				
2:20 PM	100 metres	Under 16 Boys - Para	Final				
2:25 PM	100 metres	Under 20 Men - Para	Final				
2:30 PM	100 metres	Under 20 Women - Para	Final				
2:35 PM	100 metres	Under 20 Men	Final				
2:40 PM	100 metres	Under 20 Women	Final				
2:45 PM	1500 metres	Under 15 Girls	Timed Final	3:00 PM	Shot Put	Under 16 Boys	Final
3:01 PM	1500 metres	Under 15 Boys	Final	3:30 PM	High Jump	Under 16 Girls	Final
3:09 PM	1500 metres	Under 16 Girls	Timed Final				
3:25 PM	1500 metres	Under 16 Boys	Timed Final				
3:41 PM	1500 metres	Under 16 Girls - Para	Final	3:45 PM	Javelin	Under 20 Women	Final
3:41 PM	1500 metres	Under 20 Women - Para	Final				
3:49 PM	1500 metres	Under 16 Boys - Para	Final				
3:49 PM	1500 metres	Under 20 Men - Para	Final				
3:56 PM	1500 metres	Under 20 Men	Heats				
4:12 PM	1500 metres	Under 20 Women	Heats				
4:20 PM	3000m Race Walk	Under 15 Boys	Final				
4:20 PM	3000m Race Walk	Under 16 Boys	Final				
4:40 PM	3000m Race Walk	Under 15 Girls	Final				
4:40 PM	3000m Race Walk	Under 16 Girls	Final				

Tuesday 2nd April 2019

Day 2 Track Timetable				Day 2 Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
10:00 AM	80 metres Hurdles (76cm)	Under 14 Girls	Heats	8:30 AM	Hammer Throw	Under 16 Girls	Final
9:45 AM	90 metres Hurdles (76cm)	Under 14 Boys	Heats	9:00 AM	Javelin Throw (WUT)	Under 16 Girls - Para	Final
10:15 AM	90 metres Hurdles (76cm)	Under 15 Girls	Heats	9:00 AM	Javelin Throw (WUT)	Under 20 Women - Para	Final
10:30 AM	90 metres Hurdles (76cm)	Under 16 Girls	Heats	9:00 AM	Long Jump	Under 15 Girls	Final
10:45 AM	100 metres Hurdles (84cm)	Under 15 Boys	Heats	9:00 AM	Long Jump	Under 20 Women - Para	Final
10:55 AM	100 metres Hurdles (84cm)	Under 16 Boys	Heats	9:30 AM	Shot Put	Under 20 Women	Final
11:05 AM	100 metres Hurdles (84cm)	Under 20 Women	Heats	10:00 AM	Pole Vault	Under 16 Boys	Final
11:20 AM	110 metres Hurdles (99cm)	Under 20 Men	Heats	10:00 AM	Hammer Throw	Under 15 Girls	Final
11:45 AM	3000 metres Race Walk	Under 14 Girls	Final	10:30 AM	Long Jump	Under 16 Girls - Para	Final
11:45 AM	3000 metres Race Walk	Under 14 Boys	Final	10:30 AM	Javelin	Secured (U16/U20 Women)	Final
1:00 PM	80 metres Hurdles (76cm)	Under 14 Girls	Final	10:45 AM	Long Jump	Under 16 Girls	Final
1:10 PM	90 metres Hurdles (76cm)	Under 14 Boys	Final	11:00 AM	Shot Put	Under 20 Men	Final
1:15 PM	90 metres Hurdles (76cm)	Under 15 Girls	Final	12:30 PM	Hammer Throw	Under 15 Boys	Final
1:20 PM	90 metres Hurdles (76cm)	Under 16 Girls	Final	1:00 PM	Long Jump	Under 16 Boys	Final
1:30 PM	100 metres Hurdles (84cm)	Under 15 Boys	Final	1:00 PM	Shot Put	Under 20 Men - Para	Final
1:35 PM	100 metres Hurdles (84cm)	Under 16 Boys	Final	1:00 PM	Triple Jump	Under 20 Women	Final
1:40 PM	100 metres Hurdles (84cm)	Under 20 Women	Final	1:30 PM	Javelin Throw (WUT)	Under 16 Girls	Final
1:50 PM	110 metres Hurdles (99cm)	Under 20 Men	Final	1:30 PM	Pole Vault	Under 15 Boys	Final
2:00 PM	400 metres	Under 14 Girls	Heats	2:00 PM	Hammer Throw	Under 16 Boys	Final
2:15 PM	400 metres	Under 14 Boys	Heats	2:30 PM	Shot Put	Under 16 Boys - Para	Final
2:30 PM	400 metres	Under 16 Girls - Para	Final	3:00 PM	Long Jump	Under 15 Boys	Final
2:38 PM	400 metres	Under 16 Boys - Para	Final	3:00 PM	Triple Jump	Under 20 Men	Final
2:45 PM	400 metres	Under 20 Women - Para	Timed Finals	3:30 PM	Shot Put	Secured (U16/U20 Men)	Final
2:53 PM	400 metres	Under 20 Men - Para	Timed Finals	3:30 PM	Javelin Throw (WUT)	Under 15 Girls	Final
3:00 PM	400 metres	Under 20 Men	Final	3:30 PM	Hammer Throw	Under 14 Girls	Final
3:08 PM	400 metres	Under 20 Women	Final	4:00 PM	Pole Vault	Under 14 Girls	Final
3:15 PM	400 metres	Under 15 Girls	Final	4:45 PM	Hammer Throw	Under 14 Boys	Final
3:23 PM	400 metres	Under 15 Boys	Final	5:00 PM	Triple Jump	Under 14 Boys	Final
3:30 PM	400 metres	Under 16 Girls	Final	5:00 PM	Triple Jump	Under 14 Girls	Final
3:38 PM	400 metres	Under 16 Boys	Final				
3:45 PM	1500 metres	Under 14 Girls	Final				
3:55 PM	1500 metres	Under 14 Boys	Final				
4:15 PM	1500 metres	Under 20 Men	Final				
4:25 PM	1500 metres	Under 20 Women	Final				
4:35 PM	4 x 100 metres Relay	Under 16 Boys	Final				
4:43 PM	4 x 100 metres Relay	Under 16 Girls	Final				
4:50 PM	4 x 100 metres Relay	Under 20 Men	Final				
4:58 PM	4 x 100 metres Relay	Under 20 Women	Final				
5:10 PM	3000 metres	Under 15 Girls	Final				
5:25 PM	3000 metres	Under 15 Boys	Final				
5:40 PM	3000 metres	Under 16 Boys	Final				
5:55 PM	3000 metres	Under 16 Girls	Final				

Wednesday 3rd April 2019

Day 3 Track Timetable				Day 3 Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
9:00 AM	200 Hurdles	Under 14 Boys	Heats	8:30 AM	Discus	Under 14 Boys	Final
9:15 AM	200 Hurdles	Under 14 Girls	Heats	9:00 AM	Triple Jump	Under 15 Girls	Final
9:30 AM	200 Hurdles	Under 15 Boys	Heats	9:00 AM	Javelin (WUT)	Under 16 Boys - Para	Final
9:45 AM	200 Hurdles	Under 15 Girls	Heats	9:00 AM	Javelin (WUT)	Under 20 Men - Para	Final
10:00 AM	200 Hurdles	Under 16 Boys	Heats	9:30 AM	Long Jump	Under 20 Men - Para	Final
10:15 AM	200 Hurdles	Under 16 Girls	Heats	10:00 AM	Pole Vault	Under 16 Girls	Final
10:30 AM	400 metres	Under 14 Boys	Final	10:00 AM	Discus	Under 20 Men	Final
10:37 AM	400 metres	Under 14 Girls	Final	10:30 AM	Javelin	Secured (U16/U20 Men)	Final
10:45 AM	800 metres	Under 15 Girls	Heats	10:30 AM	High Jump	Under 20 Women	Final
11:00 AM	800 metres	Under 15 Boys	Heats	10:30 AM	Triple Jump	Under 16 Girls	Final
11:15 AM	800 metres	Under 16 Boys	Heats	11:00 AM	Long Jump	Under 16 Boys - Para	Final
11:30 AM	800 metres	Under 16 Girls	Heats	11:30 AM	Discus	Under 20 Women	Final
11:45 AM	800 metres	Under 20 Men	Heats	1:00 PM	High Jump	Under 20 Men	Final
12:00 PM	800 metres	Under 20 Women	Heats	1:00 PM	Javelin (WUT)	Under 15 Boys	Final
12:05 PM	400 metres	Under 20 Women - Para	Timed Final	1:00 PM	Discus	Under 14 Girls	Final
12:10 PM	400 metres	Under 20 Men - Para	Timed Final	1:00 PM	Triple Jump	Under 15 Boys	Final
12:15 PM	200 metres	Under 16 Boys - Para	Heats	1:30 PM	Long Jump	Under 14 Boys	Final
12:15 PM	200 metres	Under 16 Girls - Para	Heats	1:30 PM	Pole Vault	Under 15 Girls	Final
12:20 PM	200 metres	Under 20 Men - Para	Heats	2:00 PM	Shot Put	Under 20 Women - Para	Final
12:30 PM	200 metres	Under 20 Women - Para	Heats	2:30 PM	Discus	Under 16 Girls	Final
1:30 PM	200 Hurdles	Under 14 Boys	Final	3:00 PM	Triple Jump	Under 16 Boys	Final
1:38 PM	200 Hurdles	Under 14 Girls	Final	3:00 PM	Javelin (WUT)	Under 16 Boys	Final
1:40 PM	200 Hurdles	Under 15 Boys	Final	3:30 PM	Shot Put	Under 16 Girls - Para	Final
1:45 PM	200 Hurdles	Under 15 Girls	Final	3:30 PM	Long Jump	Under 14 Girls	Final
1:55 PM	200 Hurdles	Under 16 Boys	Final	4:00 PM	Discus	Under 15 Girls	Final
2:05 PM	200 Hurdles	Under 16 Girls	Final	4:00 PM	Pole Vault	Under 14 Boys	Final
2:15 PM	100 metres	Under 14 Boys	Heats	4:30 PM	Shot Put	Secured (U16/U20 Women)	Final
2:25 PM	100 metres	Under 14 Girls	Heats				
2:40 PM	200 metres	Under 16 Boys - Para	Final				
2:45 PM	200 metres	Under 16 Girls - Para	Final				
2:50 PM	200 metres	Under 20 Men Para	Final				
3:00 PM	200 metres	Under 20 Women - Para	Final				
3:10 PM	2000m Steeplechase	Under 15 Boys	Final				
3:25 PM	2000m Steeplechase	Under 15 Girls	Final				
3:40 PM	2000m Steeplechase	Under 16 Boys	Final				
3:55 PM	2000m Steeplechase	Under 16 Girls	Final				
4:15 PM	3000m Steeplechase	Under 20 Women	Final				
4:35 PM	3000m Steeplechase	Under 20 Men	Final				
4:55 PM	100 metres	Under 14 Boys	Final				
5:00 PM	100 metres	Under 14 Girls	Final				
5:10 PM	400 Hurdles (76cm)	Under 20 Women	Heats				
5:20 PM	400 Hurdles (91cm)	Under 20 Men	Heats				
5:30 PM	4 x 200 metres Relay	Under 16 Girls	Final				
5:40 PM	4 x 200 metres Relay	Under 16 Boys	Final				

Thursday 4th April 2019

Provisional Timetable as at 29/03/2019 V3

Day 4 Track Timetable				Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
9:00 AM	100 metres Hurdles	Open Women	Heptathlon	8:30 AM	Hammer	Under 20 Men	Final
9:07 AM	100 metres Hurdles	Under 20 Women	Heptathlon	8:30 AM	Javelin Throw (WUT)	Under 14 Boys	Final
9:15 AM	800 metres	Under 14 Girls	Heats	8:45 AM	Triple Jump	Under 18 Women	Final
9:30 AM	800 metres	Under 14 Boys	Heats	8:45 AM	Triple Jump	Under 17 Women	Final
9:45 AM	100 metres	Open Men	Decathlon				
9:50 AM	100 metres	Under 20 Men	Decathlon				
10:05 AM	200 metres	Under 15 Girls	Heats	10:00 AM	Hammer	Under 20 Women	Final
10:20 AM	200 metres	Under 15 Boys	Heats	10:00 AM	Shot Put	Under 18 Women	Final
10:35 AM	200 metres	Under 16 Boys	Heats	10:00 AM	High Jump (combined groups)	Open Women	Heptathlon
10:50 AM	200 metres	Under 16 Girls	Heats	10:00 AM	High Jump (combined groups)	Under 20 Women	Heptathlon
11:05 AM	200 metres	Under 20 Men	Heats	10:00 AM	Javelin Throw (WUT)	Under 14 Girls	Final
11:20 AM	200 metres	Under 20 Women	Heats				
11:35 AM	800 metres	Under 16 Boys - Para	Final	11:00 AM	Long Jump (1 Group)	Open Men	Decathlon
11:43 AM	800 metres	Under 20 Men Para	Final	11:00 AM	Long Jump (1 Group)	Under 20 Men	Decathlon
11:50 AM	800 metres	Under 16 Girls - Para	Final				
11:58 AM	800 metres	Under 20 Women Para	Final	11:30 AM	Javelin Throw	Under 17 Men	Final
12:35 PM	100 metres	Under 17 Men	Heats	11:30 AM	Discus Throw (WUT)	Under 16 Boys	Final
12:50 PM	100 metres	Under 17 Women	Heats				
1:05 PM	100 metres	Under 18 Men	Heats				
1:20 PM	100 metres	Under 18 Women	Heats				
1:35 PM	200 metres	Under 15 Girls	Final	1:00 PM	Shot Put (1 Group)	Open Men	Decathlon
1:40 PM	200 metres	Under 15 Boys	Final	1:00 PM	Shot Put (1 Group)	Under 20 Men	Decathlon
1:45 PM	200 metres	Under 16 Boys	Final	1:00 PM	Triple Jump (2 Groups)	Open Men	Qualification
1:50 PM	200 metres	Under 16 Girls	Final	1:00 PM	Javelin Throw	Under 18 Men	Final
1:55 PM	200 metres	Under 20 Men	Final				
2:00 PM	200 metres	Under 20 Women	Final	1:30 PM	Discus Throw (WUT)	Under 15 Boys	Final
2:10 PM	800 metres	Under 15 Girls	Final	1:30 PM	Pole Vault	Under 17 Women	Final
2:18 PM	800 metres	Under 15 Boys	Final				
2:25 PM	800 metres	Under 16 Boys	Final				
2:33 PM	800 metres	Under 16 Girls	Final				
2:40 PM	800 metres	Under 20 Men	Final				
2:48 PM	800 metres	Under 20 Women	Final				
2:55 PM	100 metres	Under 17 Men	Finals				
3:00 PM	100 metres	Under 17 Women	Finals				
3:05 PM	100 metres	Under 18 Men	Final				
3:10 PM	100 metres	Under 18 Women	Final	2:30 PM	Shot Put (1 Group)	Open Women	Heptathlon
3:15 PM	400 Hurdles (76cm)	Under 20 Women	Final	2:30 PM	Shot Put (1 Group)	Under 20 Women	Heptathlon
3:22 PM	400 Hurdles (91cm)	Under 20 Men	Final	2:30 PM	Hammer Throw	Open Men	Qualification
3:30 PM	4 x 100 metres Relay	Under 14 Boys	Final	2:30 PM	Triple Jump (2 Groups)	Open Women	Qualification
3:40 PM	4 x 100 metres Relay	Under 14 Girls	Final	2:40 PM	Hammer Throw (Group 1)	Open Women	Qualification
3:50 PM	400 metres	Open Women	1st Round				
4:15 PM	400 metres	Open Men	1st Round	3:00 PM	High Jump (combined groups)	Open Men	Decathlon
4:40 PM	200 metres	Under 20 Women	Heptathlon	3:00 PM	High Jump (combined groups)	Under 20 men	Decathlon
4:50 PM	200 metres	Open Women	Heptathlon				
5:00 PM	800 metres	Open Men	1st Round	3:50 PM	Hammer Throw (Group 2)	Open Women	Qualification
5:25 PM	400 metres	Under 20 Men	Decathlon				
5:35 PM	400 metres	Open Men	Decathlon	3:30 PM	Pole Vault	Under 18 Women	Final
5:45 PM	400 metres	Under 17 Women	Heats				
5:57 PM	400 metres	Under 17 Men	Heats				
6:10 PM	400 metres	Under 18 Women	Heats	4:00 PM	Shot Put	Under 17 Women	Final
6:23 PM	400 metres	Under 18 Men	Heats				
6:40 PM	1500 metres	Open Women	1st Round	4:30 PM	Long Jump	Under 17 Men	Final
				4:30 PM	Long Jump (Ambulant)	Open Men	Final

7:00 PM	4 x 400 metres Relay	Under 20 Men	Final			
7:10 PM	4 x 400 metres Relay	Under 20 Women	Final			
7:20 PM	5000 metres	Under 20 Women	Final	5:00 PM	Javelin (Group 1)	Open Women
7:45 PM	5000 metres	Under 20 Men	Final			Qualification
8:00 PM	1500 metres*	Under 17 Women	Heats			
	1500 metres*	Under 18 Women	Heats			
8:20 PM	1500 metres*	Under 17 Men	Heats	6:00 PM	Long Jump (Ambulant)	Open Women
8:40 PM	1500 metres*	Under 18 Men	Heats	6:00 PM	Javelin (Group 2)	Open Women
						Final
						Qualification
				6:30 PM	Long Jump	Under 18 Men
						Final
				7:00 PM	Discus Throw (Ambulant)	Open Women
				7:00 PM	Pole Vault	Open Women
						Final
						Qualification
				7:15 PM	High Jump	Open Men
						Qualification
				8:15 PM	Discus Throw (Ambulant)	Open Men
						Final

1st - 7th April

Friday 5th April 2019

Provisional Timetable as at 29/03/2019 V3

Track Timetable				Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
8:50 AM	110 metres Hurdles	Open Men	Decathlon	8:30 AM	Javelin Throw (Group 1)	Open Men	Qualification
9:05 AM	110 metres Hurdles (99.1cm)	Under 20 Men	Decathlon	8:30 AM	Shot Put	Under 14 Girls	Final
9:15 AM	110m Hurdles (91.4cm)	Under 18 Men	Heats	8:30 AM	High Jump	Under 14 Girls	Final
9:30 AM	110m Hurdles (91.4cm)	Under 17 Men	Heats	9:00 AM	Long Jump	Under 20 Women	Heptathlon
9:45 AM	100m Hurdles (76.0cm)	Under 18 Women	Heats	9:30 AM	Javelin Throw (Group 2)	Open Men	Qualification
10:00 AM	100m Hurdles (76.0cm)	Under 17 Women	Heats				
10:15 AM	800 metres	Under 14 Boys	Final				
10:23 AM	800 metres	Under 14 Girls	Final				
10:30 AM	400 metres (Wheelchair)	Open Men	Final	10:00 AM High Jump	Open Women	Qualification	
10:38 AM	400 metres (Wheelchair)	Open Women	Final	10:00 AM	Long Jump	Open Women	Heptathlon
10:45 AM	400 metres (Ambulant)	Open Men	Timed Finals	10:10 AM	Discus Throw (WUT)	Under 20 Men	Decathlon
10:53 AM	400 metres (Ambulant)	Open Women	Timed Finals	10:10 AM	Discus Throw	Open Men	Decathlon
11:00 AM	200 metres	Under 14 Boys	Heats				
11:15 AM	200 metres	Under 14 Girls	Heats				
11:30 AM	100m Hurdles (76.0cm)	Under 18 Women	Final				
11:38 AM	100m Hurdles (76.0cm)	Under 17 Women	Final				
11:45 AM	110m Hurdles (91.4cm)	Under 18 Men	Final	11:15 AM	Javelin Throw	Under 20 Women	Heptathlon
11:53 AM	110m Hurdles (91.4cm)	Under 17 Men	Final	11:30 AM	High Jump	Under 17 Men	Final
2:20 PM	PARA RACE RUNNING DEMO						
2:35 PM	200 metres	Under 14 Boys	Final	12:00 PM	Javelin Throw (Secured)	Open Men	Final
2:42 PM	200 metres	Under 14 Girls	Final	12:00 PM	Javelin Throw (Secured)	Open Women	Final
2:50 PM	400 metres	Under 17 Women	Final	12:15 PM	Javelin Throw	Open Women	Heptathlon
2:58 PM	400 metres	Under 17 Men	Final	12:30 PM	Pole Vault (combined groups)	Open Men	Decathlon
				12:30 PM	Pole Vault (combined groups)	Under 20 men	Decathlon
				1:20 PM Discus Throw	Open Men	Qualification	
3:05 PM	400 metres	Under 18 Women	Final	1:30 PM	Discus Throw (WUT)	Under 18 Men	Final
3:12 PM	400 metres	Under 18 Men	Final	1:30 PM	Long Jump (2 Groups)	Open Women	Qualification
3:20 PM	400 metres	Open Men	Semi Finals*				
3:35 PM	400 metres	Open Women	Semi Finals*				
3:50 PM	800 metres	Under 20 Women	Heptathlon	3:00 PM	Hammer Throw	Under 18 Women	Final
4:05 PM	800 metres	Open Women	Heptathlon	3:00 PM	Discus Throw (WUT)	Under 17 Men	Final
				3:00 PM	Shot Put	Under 14 Boys	Final
				3:00 PM	High Jump	Under 18 Men	Final
4:20 PM	1500 metres	Under 17 Women	Final				
4:28 PM	1500 metres	Under 18 Women	Final				
4:35 PM	1500 metres	Under 17 Men	Final				
4:43 PM	1500 metres	Under 18 Men	Final				
4:50 PM	1500 metres (Ambulant)	Open Men	Final				
4:58 PM	1500 metres (Ambulant)	Open Women	Final				
5:05 PM	1500 metres (Wheelchair)	Open Men	Final				
5:13 PM	1500 metres (Wheelchair)	Open Women	Final				
5:20 PM	1500 metres	Open Men	1st Round	4:30 PM	Javelin Throw	Open Men	Decathlon
5:50 PM	800 metres	Open Women	1st Round	4:30 PM	High Jump	Under 14 Boys	Final
6:10 PM	800 metres	Open Men	Semi Finals*	4:30 PM	Long Jump (2 Groups)	Open Men	Qualification
				4:40 PM	Javelin Throw (WUT)	Under 20 Men	Decathlon
6:20 PM	100 metres	Open Women	1st Round				
6:50 PM	100 metres	Open Men	1st Round				
7:10 PM	1500 metres	Under 20 Men	Decathlon	5:00 PM	Shot Put (Secured)	Open Men	Final
7:20 PM	1500 metres	Open Men	Decathlon	5:00 PM	Shot Put (Secured)	Open Women	Final
7:30 PM	400 metres Hurdles	Open Men	1st Round				
7:50 PM	400 metres Hurdles	Open Women	1st Round				
8:10 PM	10000 metres Race Walk	Open Men	Final	6:00 PM	Long Jump	Under 18 Women	Final
8:10 PM	10000 metres Race Walk	Open Women	Final	6:00 PM	Hammer Throw	Open Men	Final
				6:00 PM	Long Jump	Under 17 Women	Final
				7:00 PM	Pole Vault (2 Groups)	Open Men	Qualification
				7:30 PM	Discus Throw (1 Group)	Open Women	Qualification

Day 6 - Morning				Day 6 - Morning			
Track Timetable				Field Timetable			
Time	Event	Age Group	Round	Time	Event	Age Group	Round
9:00 AM	5000m Race Walk	Under 18 Women	Final	8:30 AM	Javelin Throw	Under 17 Women	Final
9:00 AM	5000m Race Walk	Under 18 Men	Final	8:30 AM	Shot Put	Under 17 Men	Final
9:40 AM	5000 Race Walk	Under 17 Women	Final	8:30 AM	Triple Jump	Under 17 Men	Final
9:40 AM	5000 Race Walk	Under 17 Men	Final	9:00 AM	Pole Vault	Under 17 Men	Final
10:15 AM	3000 metres	Under 17 Women	Final	9:30 AM	High Jump	Under 17 Women	Final
10:30 AM	3000 metres	Under 18 Women	Final	9:45 AM	Javelin Throw	Under 18 Women	Final
10:45 AM	3000 metres	Under 17 Men	Final	10:00 AM	Shot Put	Under 18 Men	Final
11:00 AM	3000 metres	Under 18 Men	Final	10:30 AM	Triple Jump	Under 18 Men	Final
11:15 AM	200 metres	Under 18 Men	Heats	11:00 AM	Javelin Throw (Ambulant)	Open Men	Final
11:30 AM	200 metres	Under 17 Men	Heats	11:15 AM	High Jump	Under 18 Women	Final
11:45 AM	200 metres	Under 18 Women	Heats	11:30 AM	Discus Throw (Secured)	Open Women	Final
12:00 PM	200 metres	Under 17 Women	Heats	11:30 AM	Discus Throw (Secured)	Open Men	Final
12:15 PM	100 metres (Ambulant)	Open Men	1st Round	11:30 AM	Club Throw (Secured)	Open Women	Final
12:25 PM	100 metres (Ambulant)	Open Women	1st Round	11:30 AM	Club Throw (Secured)	Open Men	Final
12:35 PM	100 metres (Wheelchair)	Open Women	1st Round	12:00 PM	Pole Vault	Under 18 Men	Final
12:45 PM	100 metres (Wheelchair)	Open Men	1st Round	12:15 PM	Hammer	Under 17 Women	Final
Day 6 - Saturday 6th April - Evening				Day 6 - Saturday 6th April - Evening			
3:10 PM	200 metres	Under 18 Men	Final	3:00 PM	Javelin Throw (Ambulant)	Open Women	Final
3:15 PM	200 metres	Under 17 Men	Final				
3:20 PM	200 metres	Under 18 Women	Final				
3:25 PM	200 metres	Under 17 Women	Final				
3:35 PM	800 metres	Under 18 Men	Heats				
3:50 PM	800 metres	Under 17 Men	Heats				
4:05 PM	800 metres	Under 18 Women	Heats				
4:20 PM	800 metres	Under 17 Women	Heats	4:00 PM	Hammer Throw	Open Women	Final
4:35 PM	800 metres (Ambulant)	Open Men	Final				
4:42 PM	800 metres (Ambulant)	Open Women	Final				
4:48 PM	800 metres (Wheelchair)	Open Men	Final				
4:54 PM	800 metres (Wheelchair)	Open Women	Final				
5:00 PM	400 metres Hurdles	Under 18 Men	Heats				
5:15 PM	400 metres Hurdles	Under 17 Men	Heats				
5:30 PM	400 metres Hurdles	Under 18 Women	Heats				
5:45 PM	400 metres Hurdles	Under 17 Women	Heats				
6:00 PM	400 metres Hurdles	Open Women	Semi Finals*	6:00 PM	Shot Put (Ambulant)	Open Men	Final
6:15 PM	400 metres Hurdles	Open Men	Semi Finals*	6:00 PM	Pole Vault	Open Women	Final
6:32 PM	100 metres (Wheelchair)	Open Women	Final	6:00 PM	High Jump	Open Men	Final
6:38 PM	100 metres (Wheelchair)	Open Men	Final	6:00 PM	Discus Throw	Open Men	Final
6:44 PM	100 metres (Ambulant)	Open Men	Final	6:00 PM	Triple Jump	Open Women	Final
6:50 PM	100 metres (Ambulant)	Open Women	Final				
6:56 PM	100 metres	Open Women	Semi Finals				
7:08 PM	100 metres	Open Men	Semi Finals				
7:20 PM	3000 metres**	Under 20 Women	Final				
7:35 PM	3000 metres**	Under 20 Men	Final				
7:50 PM	4 x 100 metres Relay	Under 18 Men	Final	7:25 PM	Shot Put	Open Women	Final
8:00 PM	4 x 100 metres Relay	Under 18 Women	Final				
8:10 PM	1500 metres	Open Women	Final	7:45 PM	Triple Jump	Open Men	Final
8:18 PM	400 metres	Open Women	Final	7:45 PM	Javelin Throw	Open Women	Final
8:26 PM	400 metres	Open Men	Final				
8:33 PM	800 metres	Open Men	Final				
8:44 PM	100 metres	Open Women	Final				
8:53 PM	100 metres	Open Men	Final				

Sunday 7th April 2019

Provisional Timetable as at 29/03/2019 V3

Day 7								
Track Timetable				Field Timetable				
Time	Event	Age Group	Round	Time	Event	Age Group	Round	
8:30 AM	400 metres Hurdles	Under 18 Men	Final	8:30 AM	Hammer Throw	Under 18 Men	Final	
8:38 AM	400 metres Hurdles	Under 17 Men	Final					
8:45 AM	400 metres Hurdles	Under 18 Women	Final					
8:53 AM	400 metres Hurdles	Under 17 Women	Final					
9:00 AM	2000m Steeplechase	Under 18 Men	Final	10:00 AM	Discus Throw (WUT)	Under 17 Women	Final	
9:10 AM	2000m Steeplechase	Under 17 Men	Final					
9:20 AM	2000m Steeplechase	Under 18 Women	Final					
9:30 AM	2000m Steeplechase	Under 17 Women	Final					
9:40 AM	800 metres	Under 18 Men	Final					
9:48 AM	800 metres	Under 17 Men	Final					
9:55 AM	800 metres	Under 18 Women	Final					
10:03 AM	800 metres	Under 17 Women	Final					
10:20 AM	200 metres (Wheelchair)	Open Women	1st Round		10:00 AM	Hammer Throw	Under 17 Men	Final
10:30 AM	200 metres (Wheelchair)	Open Men	1st Round					
10:30 AM	200 metres (Ambulant)	Open Women	1st Round	11:00 AM	Shot Put	Open Men	Final	
10:50 AM	200 metres (Ambulant)	Open Men	1st Round					
11:05 AM	200 metres	Open Women	1st Round					
11:30 AM	200 metres	Open Men	1st Round					
12:10 PM	110 metres Hurdles	Open Men	1st Round	11:30 AM	Discus Throw	Under 18 Women	Final	
12:30 PM	100 metres Hurdles	Open Women	1st Round					
12:50 PM	3000m Steeplechase	Open Men	Final	12:30 PM	Long Jump	Open Men	Final	
1:10 PM	200 metres B Race	Open Women	B Race	1:00 PM	Javelin Throw	Open Men	Final	
1:16 PM	200 metres B Race	Open Men	B Race					
1:22 PM	200 metres (Wheelchair)	Open Women	Final	1:45 PM	High Jump	Open Women	Final	
1:28 PM	200 metres (Wheelchair)	Open Men	Final					
1:35 PM	200 metres (Ambulant)	Open Women	Final					
1:42 PM	200 metres (Ambulant)	Open Men	Final					
1:50 PM	200 metres	Open Women	Final					
1:58 PM	200 metres	Open Men	Final					
2:10 PM	100 metres Hurdles	Open Women	Final					
2:20 PM	110 metres Hurdles	Open Men	Final					
2:30 PM	1500 metres	Open Men	Final					
2:42 PM	800 metres	Open Women	Final					
2:52 PM	400 metres Hurdles	Open Women	Final	2:00 PM	Pole Vault	Open Men	Final	
3:00 PM	400 metres Hurdles	Open Men	Final	2:15 PM	Shot Put (Ambulant)	Open Women	Final	
3:10 PM	3000m Steeplechase	Open Women	Final	2:20 PM	Long Jump	Open Women	Final	
3:25 PM	4x100 metres Relay	Open Women	Final	2:40 PM	Discus Throw	Open Women	Final	
3:33 PM	4x100 metres Relay	Open Men	Final					
3:40 PM	4x400 metres Relay	Under 18 Women	Final					
3:50 PM	4x400 metres Relay	Under 18 Men	Final					
4:00 PM	4x400 metres Relay	Open Women	Final					
4:10 PM	4x400 metres Relay	Open Men	Final					

NOTES

This is a draft timetable only and is subject to change upon receipt of entries
 * Indicates the round to be removed should three rounds no longer be required
 ** Indicates a non championship event and held for selection purposes only
 U14/ U15/ U16 1500m seeded timed finals will be held if required
 In all races longer than 1500 metres seeded timed final will be held if required
 Open Men & Women 5000m Australian Championships were held within the Sydney Track Classic on the 23rd February 2019
 U15/U16/U17/U18 Junior Combined Events will be held 16th - 17th March, in Tasmania