

SOUTHERN GAMES 2016

PROPOSED REVISED PROGRAMME

Events Numbers	Time	Description of Events	Category
1	1:00pm	Javelin	Men Open
2	1:00pm	Shot Putt	Women Open
3	1:05pm	Long Jump	Men Open
4	1:05pm	500 Metres Heats Cycle	International
5	1:10pm	1000 Metres Cycle	Tinymites
6	1:15pm	1000 Metres Cycle	Juveniles
7	1:20pm	1000 Metres Cycle	Juniors
8	1:25pm	500 Metres Cycle	Juniors Ladies
9	1:30pm	500 Metres Cycle	Youth Developers
10	1:35pm	100 Metres	Girls Under 14
11	1:40pm	100 Metres	Boys Under 14
12	1:45pm	100 Metres	Girls Under 16
13	1:50pm	100 Metres	Boys Under 16
14	1:55pm	100 Metres	Girls Under 18
15	2:00pm	100 Metres	Boys Under 18
16	2:05pm	1000 Metes Cycle	Senior Ladies
17	2:10pm	1000 Metres Cycle	Elite 3 & 4
18	2:15pm	1000 Metres Cycle	Elite 1 & 2
19	2:20pm	500 Metres Cycle Final	International
20	2:25pm	100 Metres	Boys Under 20
21	2:30pm	100 Metres	Women
22	2:35pm	100 Metres	Men
23	2:40pm	High Jump	Women Open
24	2:45pm	Javelin	Women Open

25	2:50pm	400 Metres	Girls Under 14
26	2:55pm	400 Metres	Boys Under 14
27	3:00pm	400 Metres	Girls Under 16
28	3:05pm	400 Metres	Boys Under 16
29	3:10pm	400 Metres	Girls Under 18
30	3:15pm	400 Metres	Boys Under 18
31	3:20pm	Match Sprint	Semi Final
		INTERMISSION	
32	4:00pm	Match Sprint	Final
33	4:00pm	Shot Put	Men
34	4:05pm	Long Jump	Women
35	4:10pm	High Jump	Men
36	4:15pm	1500 Metres Cycle	Tinymites
37	4:20pm	Elimination Cycle	Juveniles
38	4:30pm	1000 Metres Cycle	Junior Ladies
39	4:35pm	Elimination Cycle	Juniors
40	4:45pm	500 Metres	Youth Developers
41	4:50pm	2000 Metres Cycle	Senior Ladies
42	4:55pm	Elimination Cycle	International
43	5:05pm	400 Metres	Boys Under 20
44	5:10pm	400 Metres	Women
45	5:15pm	400 Metres	Men
46	5:20pm	2000 Metres Cycle	3 & 4
47	5:25pm	Elimination cycle	1 & 2
48	5:30pm	200 Metres	Girls Under 14
49	5:35pm	200 Metres	Boys Under 14
50	5:40pm	200 Metres	Girls Under 16

51	5:45pm	200 Metres	Boys Under 16
52	5:50pm	200 Metres	Girls Under 18
53	5:55pm	200 Metres	Boys Under 18
54	6:00pm	800 Metres	Boys Under 20
55	6:05pm	800 Metres	Women
56	6:10pm	800 Metre	Men
57	6:15pm	2000 Metres Cycle	International
58	6:25pm	5000 Metres	Men Open
59	6:50pm	200 Metres	Boys Under 20
60	6:55pm	200 Metres	Women
61	7:00pm	200 Metres	Men
62	7:10pm	1x1x2x400 Medley Relay	Boys Under 20
63	7:15pm	1x1x2x400 Medley Relay	Women
64	7:20pm	1x1x2x400 Medley Relay	Men
65	7:30pm	10000 Metres Cycle	International