

*Saturday 02<sup>nd</sup> April 2017*

EVENT NO	TIME	EVENT	CLASS
1	1:00 pm	Javelin	Men Open
2	1:00 pm	Shot Put	Women Open
3	1:05 pm	Long Jump	Men Open
4	1:05 pm	500 Meters Heats Cycle	International
5	1:10 pm	1000 Meters Cycle	Tinymites
6	1:15 pm	1000 Meters Cycle	Juveniles
7	1:20 pm	1000 Meters Cycle	Juniors
8	1:25 pm	500 Meters Cycle	Tinymite + Juvenile Women
9	1:30 pm	500 Meters Cycle	Youth Developers Individual Prizes/Races
10	1:35 pm	100 Meters	Girls Under 14
11	1:40 pm	100 Meters	Boys Under 14
12	1:45 pm	100 Meters	Girls Under 16
13	1:50 pm	100 Meters	Boys Under 16
14	1:55 pm	100 Meters	Girls Under 18
15	2:00 pm	100 Meters	Boys Under 18
16	2:05 pm	1000 Meters Cycle	Elite + Junior Women
17	2:10 pm	1000 Meters Cycle	Masters 40-49, 50 – 59,60-69 70+ Individual prizes/races
18	2:20 pm	1000 Meters Cycle	Elite 1 & 2
19	2:25 pm	500 Meters Cycle	Final International
20	2:30 pm	100 Meters	Boys Under 20
21	2:35 pm	100 Meters	Women
22	2:35 pm	100 Meters	Men
23	2.40 pm	High Jump	Women Open
23	2:45 pm	Javelin	Women Open
24	2:50 pm	400 Meters	Girls Under 14
25	2:55 pm	400 Meters	Boys Under 14
26	3:00 pm	400 Meters	Girls Under 16
27	3:05 pm	400 Meters	Boys Under 16
28	3:10 pm	400 Meters	Girls Under 18
29	3:15 pm	400 Meters	Boys Under 18
30	3: 20 pm	Match Sprint	Semi Final
		<b>INTERMISSION</b>	
31	4:00 pm	Match Sprint	Final
32	4:05 pm	Shut Put	Men
33	4:10 pm	Long Jump	Women
34	4:15 pm	High Jump	Men
35	4:20 pm	1500 Meters Cycle	Tinymites
36	4:25 pm	1000 Meters Cycle	Tinymite + Juvenile Women
37	4:30 pm	Elimination Cycle	Juveniles
38	4:35 pm	500 Meters Cycle	Youth Developers Individual Prizes/Races
39	4:40 pm	2000 Meters Cycle	Elite + Junior Women
40	4:45 pm	Elimination Cycle	International
41	4:50 pm	400 Meters	Boys Under 20
42	4:55 pm	400 Meters	Women
43	5:00 pm	400 Meters	Men
44	5:05 pm	2000 Meters Cycle	Masters Open
45	5:10 pm	Elimination Cycle	Elite 1 + 2

46	5:15 pm	200 Meters	Girls Under 14
47	5:20 pm	200 Meters	Boys Under 14
48	5:25 pm	200 Meters	Girls Under 16
49	5:30 pm	200 Meters	Boys Under 16
50	5:35 pm	200 Meters	Girls Under 18
51	5:40 pm	200 Meters	Boys Under 18
52	5:45 pm	800 Meters	Boys Under 20
53	5:50 pm	800 Meters	Women
54	5:55 pm	800 Meters	Men
55	6:00 pm	2000 Meters Cycle	International
56	6:05 pm	5000 Meters	Men Open
57	6:10 pm	200 Meters	Boys Under 20
58	6:10 pm	200 Meters	Women
59	6:15 pm	200 Meters	Men
60	6:20 pm	1 x 1 x 2 x 400 Medley Relay	Boys Under 20
61	6:25 pm	1 x 1 x 2 x 400 Medley Relay	Medley Relay Women
62	6:30 pm	1 x 1 x 2 x 400 Medley Relay	Men
63	6:35 pm	10000 Meters Cycle	International