Monday 21st July

9.05am  
800m Boys 12 – 9 yrs  
Girls ~  
9 yr Discus  
10 yr Shotput  
11 yr Highjump  
12 yr Longjump

9.35am  
800m Girls 12 – 9 yrs  
Boys ~  
9 yr Discus  
10 yr Shotput  
11 yr Highjump  
12 yr Longjump

10.05am  
Girls ~  
9 yr Longjump  
10 yr Highjump  
11 yr Shotput  
12 yr Discus

10.30am  
Boys ~  
9 yr Longjump  
10 yr Highjump  
11 yr Shotput  
12 yr Discus

Tuesday 22nd July

9.15 am  
Boys  
Heats / Sprints Prep – 12 Years  
Girls ~  
9 yr Shotput  
10 yr Discus  
11 yr Longjump  
12 yr Highjump

Boys ~  
Stay under shelter or watch an event once sprints finished.

10.00 am  
Girls ~  
Heats / Sprints Prep – 12 years  
Boys ~  
9 yr Shotput  
10 yr Discus  
11 yr Longjump  
12 yr Highjump

Girls ~  
Stay under shelter or watch an event once sprints finished.

11.00 am  
Girls ~  
200m  
Boys ~  
9 yr Highjump  
10 yr Longjump  
11 yr Discus  
12 yr Shotput

12.20 pm  
Boys ~  
200m

1.00 pm  
Lunch

1.40 pm  
Ball Games ~  
Mixed Junior (9, 10 yr)  
Mixed Senior (11, 12 yr)  
Tunnel Ball  
Leader Ball  
Captain Ball  
Spoke Relay

2.30 pm  
Presentations  
(On Parade the following Wednesday)