

Track			Field		
Time	Event	Grade	Time	Event	Grade
6.00pm	5000m	W	6.00pm	Pole Vault	M/W
6.30pm	5000	M	6.00pm	Hammer	M/W

Saturday 3 December

Track			Field		
Time	Event	Grade	Time	Event	Grade
9.00am	100	M/W	9.00am	Triple Jump	M/W
			9.30am	Javelin	M
10.00am	2000m Steeplechase	M/W	10.00am	Shot Put	W
10.30am	3000m Steeplechase	M/W			
11.00am	400m	M/W	11.00am	Long Jump	M/W
			11.30am	Javelin	W
11.45am	3000m Walk	M/W			
			12.00pm	Shot Put	M
12.15pm	Sprint Hurdles	M/W			
12.20pm	LUNCH				
1.00pm	OFFICIAL OPENING				

A selection of track events for younger athletes preparing for National Secondary Schools Championships will be held between 1.45pm & 3.00pm

1.15pm	200m	M/W	1.15pm	High Jump	M
			1.15pm	Discus	W
			2.15pm	High Jump	W
			2.15pm	Discus	M
3.45pm	1500m	M/W	3.15pm	Weight Throw	M/W
4.15pm	Relays	M/W			

Sunday 4 December

Track			Field		
Time	Event	Grade	Time	Event	Grade
8.00am	10km Road Walk	M/W			
10.00am	10km Road Run	M/W	9.00am	Weight Pentathlon	M/W
9.30am	300m/400m Hurdle	M/W		<i>start times will be staggered across age groups</i>	
10.00am	800m	M/W			
10.30am	Pentathlon	M/W			