

# DAY 1 13-02-21

TIME	EVENT FIELD	EVENT TRACK	GENDER	GRADE	
9.15am		60m Heats	F	7,8,9	
9.30am	High Jump		F	Under 18 & Senior	
	Long Jump		F	13	Pitt 1 TW
	Shot Put		F	10	SP1
	Shot Put		M	13	SP2
	Discus		M	12	Circle 2
9.30am		60m Heats	M	7,8,9	
9.45am	Vortex		F	7	Out Side
10.00am	Long Jump		M	9	Pitt 2
	Shot Put		M	8	SP1
	Discus		M	7	Circle 2
10.00am		Long Hurdles	F/M	Under 18 & Senior	
10.10am		100m Heats	F/M	Under 20 & Masters	
10.15am		400m Heats	F/M	10,11,12,13,14/Under 16, Under 20 & Masters	
10.30am	Long Jump		M	Under 18 & Senior	Pitt 1 TW
	Shot Put		F	14/Under 16 Under 20 & Masters	Both SP 1 & 2
	Shot Put Para		F		
	Discus		M	11	Circle 2
10.45am	High Jump		M	10	
10.45am		200m Heats	F/M	7,8,9, Under 18 & Senior	
11.00am	Long Jump		F	8	Pitt 2
	Shot Put		F	9	SP 2
	Discus		F	7	Opposite to Javelin
	Javelin		F	Under 18 & Senior	
11.15am		3000m	F/M	Under 18 & Senior	
11.30am		100m Heats	F/M	10,11,12,13, 14/Under 16	
11.30am	High Jump		M	12	
11.50am	Hammer		M/F	14/Under 16, 20 & Masters	
11.50am	Long Jump		F	12 & Under 18 & Senior	Pitt 1 TW
	Shot Put		F	13,	SP1
	Shot Put Seated		F/M		SP2
	Discus		F	11	Circle 2
11.55am		100m Finals	F/M	Under 20 & Masters	
		100m Para	F/M		
		Track Lunch			

12.15pm	High Jump		M	Under 18 & Senior	
12.45pm		Short Hurdles Final	F/M	14/Under 16, Under 20 & Masters	
1.00pm		Race Walk	F	All Grades	
	Pole Vault		F/M	Under 16 & 20 & Masters	
1.15pm	Long Jump		M	13	Pitt 1 TW
	Discus		M	10	Circle 2
	Vortex		F	8	Out Side
	High Jump		M	11	
1.20pm		400m Finals	F/M	10,11,12,13,14/Under16, Under 20 & Masters	
		400m Para	F/M		
1.45pm	Long Jump		F	10	Pitt 2
	Shot Put		M	14/Under 16, Under 20 & Masters	SP1
	Shot Put Para		M		SP1
	Shot Put		F	12	SP2
	Vortex		F	9	Out Side
	Javelin		M	Under 18 & Senior	
2.00pm		200m Finals	F/M	7,8,9,Under 18 Senior	
2.00pm	High Jump		F	11	
2.15pm	Long Jump		M	7	Pitt 2
	Shot Put		M	9	SP1
	Discus		M	8	Opposite to Javelin
	Triple Jump		M	14/Under 16, Under 20 & Masters	Pitt 1 TW
2.30pm					
2.30pm		Race Walk	M	All Grades	
2.45 pm		100m Finals	F/M	10,11,12,13,14/Under16	
3.00pm		60m Finals	F/M	7,8,9	
3.15pm		1500m	F/M	14/Under 16, Under 20 & Masters	
		1500 Para	F/M		
3.15pm	Triple Jump		F	14/Under 16, Under 20 & Masters	Pitt 1 TW
3.15pm	Discus		F/M	Under 18 & Senior	Either
3.30pm		800m	F/M	10,11,12,13, Under 18 & Senior	
4.00pm		4x100m Relay	F/M	All Senior Grades	

## DAY 2 14-02-21

TIME	EVENT FIELD	EVENT TRACK	GENDER	GRADE	
9.15am		80m	F/M	7,8,9	
9.30am	Long Jump		M	11	Pitt 1 TW
	Shot Put		M	10	SP1
	Discus		F	12	Circle 2
	High Jump		M	14/Under 16	
9.45 am		Long Hurdles	F/M	14/Under16, Under 20 & Masters	
10.00am	Long Jump		F	7	Pitt 1 TW
	Shot Put		F	8	SP2
	Discus		F	9	Circle 2
	Vortex		M	7	Out Side
	Pole Vault		F/M	Under 18 & Senior	
10.05am		55m H Heats	F/M	10,11	
10.15am	Javelin		F	14/Under16, Under 20 & Masters	
	Javelin		F/M	Seated	
10.30am		400m Heats	F/M	Under 18 & Senior	
10.45am		800m	F/M	14/ Under 16, Under 20 & Masters	
10.30am	Long Jump		M	12	Pitt 1 TW
	Shot Put		M	11	SP2
	High Jump		F	14/Under 16, Under 20 & Masters	
11.00am		1500m Finals	F/M	10,11,12,13, Under 18 & Senior	
11.00am	High Jump		F	10	
	Discus		F/M	Masters	Circle 2
11.15am		100m Heats	F/M	7,8,9 Under 18 & Senior	
11.30am	Long Jump		M	14/Under 16, Under 20 & Masters	Pitt 1 TW
	Long Jump Para		M		Pitt 1 TW
	Shot Put		F	11	SP1
	Discus		F	13	Opposite to Javelin
11.40am		200m Heats	F/M	10,11,12,13,14/Under 16, Under 20 & Masters	
12.00 pm	High Jump		F	12	
12.10pm		80m Finals	F/M	7,8,9	
		60m	F/M	Masters	
12.15am	Hammer		F/M	Under 18 & Senior	Circle 1
12.20pm	Long Jump		M	8	Pitt 2
	Shot Put		M	7	SP1
	Discus		M	9	Circle 2
	Triple Jump		M	Under 18 & Senior	Pitt 1 TW
12.25pm		Short Hurdle Heats	F/M	12,13, Under 18 & Senior	
		Track Lunch			

1.00pm	High Jump		M	Under 20, Para & Masters	
1.30pm		Short Hurdle Final	F/M	10,11,12,13,Under 18 & Senior	
1.30pm	Vortex		M	8	Out Side
1.45pm	Long Jump		M	10	Pitt 2
	Shot Put		M	12	SP2
	High Jump		M	13	
	Triple Jump		F	Under 18 & Senior	Pitt 1 TW
	Javelin		M	14/Under16 &Under 20 & Masters	
	Javelin Para		M/F		
	Shot Put		F/M	Senior	SP1
1.55pm		400m Finals	F/M	Under 18 & Senior	
2.15pm		200m Finals	F/M	10,11,12,13,14/ Under 16, Under 20 & Masters	
		200m Para	F/M		
2.15pm	Vortex		M	9	Out Side
	Long Jump		F	9	Pitt 2
	Shot Put		F/M	Under 18	SP1
	Shot Put		F	7	SP2
	Discus		F	8	Opposite to Javelin
2.30pm	High Jump		F	13	
2.45pm	Long Jump		F	11	Pitt 2
	Long Jump		F	14/ Under 16, Under 20 & Masters	Pitt 1 TW
	Long Jump Para		F		Pitt 1 TW
	Discus		F	10	Circle 2
	Discus Seated		F/M		SP2
2.45pm		100m Finals	F/M	7,8,9 Under 18 & Senior	
3.00pm		3000m & RW 1300m	F/M	14/Under16 Under 20 & Masters	
	Discus		M	13	Circle 1
3.30pm	Weight Throw		F/M	Masters	SP1
	Discus		F/M	14/ Under 16, Under 20	Choice
	Discus Para		F/M		Choice
3.20pm		4x100m Relay	F/M	7,8,9	
3.40pm		4x400m Relay	F/M	All senior grades	
3.50pm		4x100m Relay	F/M	10,11,12,13,14/ Under 16,	