

**Day 1 – Sunday, April 21st**

8:30	800m	Women	Round 1
9:00	Triple Jump	Men	Qualification
8:45	800m	Men	Round 1
9:20	400m	Women	Round 1
9:35	400m	Men	Round 1
10:10	100m	Women	Round 1

**15:30 Opening Ceremony**

16:40	4x100m	Boys	Final
17:10	400m Hurdles	Women	Round 1
17:20	Javelin Throw	Women	Final
17:28	Pole Vault	Men	Final
17:30	400m Hurdles	Men	Round 1
17:55	5000m	Women	Final
18:26	100m	Men	Round 1
19:00	5000m	Women	VC
19:10	400m	Men	Semi Final
19:28	400m	Women	Final
19:35	Shot Put	Women	Final
19:35	Javelin Throw	Women	VC
19:45	Discus Throw	Men	Final
19:50	3000m SC	Men	Final
20:12	400m	Women	VC
20:22	800m	Men	Semi-Final
20:37	3000m SC	Men	VC
20:45	10000m	Men	Final
21:15	Pole Vault	Men	VC
21:20	Shot Put	Women	VC

**Day 2 – Monday, April 22nd**

8:30	100m Hurdles	Women	Heptathlon 1
8:46	5000m	Men	Round 1
9:30	100m	Men	Decathlon 1
9:32	High Jump	Women	Heptathlon 2
10:00	4 x 100m	Men	Round 1
10:25	Long Jump	Men	Decathlon 2
16:30	100m	Girls	Schools
16:40	100m	Girls	National
16:50	Discus Throw	Men	VC
16:55	10000m	Men	VC
17:00	High Jump	Men	Qualification
17:03	Javelin Throw	Men	Final
17:05	Shot Put	Men	Decathlon 3
17:08	Shot Put	Women	Heptathlon 3
17:10	400m Hurdles	Women	Final
17:17	Triple Jump	Men	Final
17:20	400m Hurdles	Men	Final
17:30	100m	Women	Semi Final
17:45	100m	Men	Semi Final
18:05	400m Hurdles	Women	VC
18:15	400m	Men	Final
18:18	400m Hurdles	Men	VC
18:28	800m	Women	Final
18:46	Shot Put	Men	Final
18:50	400m	Men	VC
18:55	Javelin Throw	Men	VC
19:03	High Jump	Men	Decathlon 4
19:06	800m	Men	Final
19:15	Hammer Throw	Women	Final
19:18	Triple Jump	Men	VC
19:26	Long Jump	Women	Final
19:30	200m	Women	Heptathlon 4
19:45	800m	Women	VC
19:55	Shot Put	Men	VC
20:05	100m	Women	Final
20:12	800m	Men	VC
20:20	100m	Men	Final
20:37	100m	Women	VC
20:46	400m	Men	Decathlon 5
20:55	100m	Men	VC

21:00	Hammer Throw	Women	VC
<b>Day 3 – Tuesday, April 23rd</b>			
8:30	110m Hurdles	Men	Decathlon 6
8:37	Long Jump	Women	Heptathlon 5
8:50	110m Hurdles	Men	Round 1
9:15	100m Hurdles	Women	Round 1
9:25	Discus Throw	Men	Decathlon 7
9:40	200m	Men	Round 1
10:52	Javelin Throw	Women	Heptathlon 6
11:00	4 x 400m	Men	Heats
11:30	Pole Vault	Men	Decathlon 8
16:30	100m	Boys	Schools
16:40	100m	Boys	National
16:50	Long Jump	Women	VC
17:02	Javelin Throw	Men	Decathlon 9
17:08	Long Jump	Men	Qualification
17:10	Pole Vault	Women	Final
17:25	200m	Men	Semi Final
17:50	3000m SC	Women	Final
18:05	800m	Women	Heptathlon
18:22	200m	Women	Round 1
18:35	High Jump	Women	Final
18:40	3000m SC	Women	VC
18:48	Triple Jump	Women	Final
18:50	Heptathlon	Women	VC
19:05	1500m	Men	Decathlon
19:10	Hammer Throw	Men	Qualification
19:15	1500m	Men	Round 1
19:40	4 x 100m	Women	Final
19:50	4 x 100m	Men	Final
19:55	Decathlon	Men	VC
20:05	Pole Vault	Women	VC
20:15	4 x 400m	Mixed	Final
20:25	4 x 100m	Women	VC
20:35	Triple Jump	Women	VC
20:40	4 x 100m	Men	VC
20:49	10000m	Women	Final
21:35	High Jump	Women	VC
21:40	4 x 400m	Mixed	VC

**Day 4 – Wednesday, April 24th**

16:40	4x100m	Girls	Final
16:50	10000m	Women	VC
17:04	Discus Throw	Women	Final
17:05	100m Hurdles	Women	Final
17:15	110m Hurdles	Men	Final
17:30	200m	Women	Final
17:36	High Jump	Men	Final
17:39	100m Hurdles	Women	VC
17:46	Long Jump	Men	Final
17:48	200m	Men	Final
17:58	110m Hurdles	Men	VC
18:06	1500m	Women	Final
18:15	200m	Women	VC
18:24	1500m	Men	Final
18:36	200m	Men	VC
18:41	1500m	Women	VC
18:50	Hammer Throw	Men	Final
18:53	5000m	Men	Final
19:12	Discus Throw	Women	VC
19:17	1500m	Men	VC
19:22	Long Jump	Men	VC
19:30	4 x 400m	Women	Final
19:40	5000m	Men	VC
19:50	4 x 400m	Men	Final
20:05	High Jump	Men	VC
20:10	4 x 400m	Women	VC
20:20	Hammer Throw	Men	VC
20:25	4 x 400m	Men	VC
20:30	Closing Ceremony		