

## Order of Events - 2009

Track starts 1.00 pm (12 noon @ medal meeting) after which start times may not always be announced.

<b>Track Events</b>	(not before)					
<b>800 metres</b>	1.00 pm	male	under 13	under 15	under 17	senior
		female	under 13	under 15	under 17	senior
<b>100 metres</b>	1.30 pm	male	senior	under 17	under 15	under 13
		female	senior	under 17	under 15	under 13
<b>300 metres</b>	2.15 pm	female	under 17	under 15		
<b>400 metres</b>	2.20 pm	female	senior			
		male	under 15	under 17	senior	
<b>1500 metres</b>	2.45 pm	female	under 13	under 15	under 17	senior
		male	under 13	under 15	under 17	senior
<b>200 metres</b>	3.15 pm	female	senior	under 17	under 15	under 13
		male	senior	under 17	under 15	under 13
<b>3000 metres</b>	4.00 pm	male & female under 15 +				
<b>Relays</b>	4.15 pm	at meetings 1 / 3 / 5 females go first: at meetings 2 / 4 males go first				
<b>4 x 100m</b>		female	under 13	under 15	under 17	senior
		male	under 13	under 15	under 17	senior
<b>4 x 400m</b>		under 17/senior women		under 17/senior men		

### FIELD EVENTS:

Hammer starts at 12 noon (11 am @ medal meeting), then discus, shot and jumps @ 1 pm (12 noon @ medal meeting) and javelin the LAST long throw event.

<b>Hammer</b>	male	senior	under 17	under 15	
	female	senior	under 17		
<b>Javelin</b>	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
<b>Discus</b>	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
<b>Shot</b>	male	under 13	under 15	under 17	senior
	female	under 13	under 15	under 17	senior
<b>High jump</b>	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
<b>Long jump</b>	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
<b>Triple jump</b>	male	under 17	senior		
	female	under 17	senior		