

Order of Events - 2010

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

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

Hammer	male	senior	under 17	under 15	
	female	senior	under 17		
Javelin	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
Discus	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
Shot	male	under 13	under 15	under 17	senior
	female	under 13	under 15	under 17	senior
High jump	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
Long jump	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
Triple jump	male	under 17	Senior		
	female	under 17	Senior		