

Day 1 - SATURDAY 16th March 2019

| 9:00am | Managers Meeting (Outside Gear Shed) | | | 9:00am |
|--------|--|--|---|--------|
| 9:20am | Athletes assemble in Club Teams on back straight. | | | 9:20am |
| 9:30am | March Past | | | 9:30am |
| 9:40am | Championships Opening | | | 9:40am |
| Time | Girls | Event | Boys | Time |
| 10:00 | 12 — 10 (Pit B) (2F) | 80m Hurdles >>>> Heats Shot Put Shot Put Long Jump | — 13 (Circle A) 8 (Circle B)(2F) — | 10:00 |
| 10:10 | 13 | 80m Hurdles >>>> Heats | — | 10:10 |
| 10:15 | 14 | 80m Hurdles >>>> Heats | — | 10:15 |
| 10:30 | — 13 (Pit A) | 1500m >>>> Final Long Jump | 10 — | 10:30 |
| 10:40 | — 14 (Circle B) | 1500m >>>> Final Discus Throw | 12 — | 10:40 |
| 10:45 | 7 | 60m >>>> Heats | — | 10:45 |
| 10:55 | 8 — | 60m >>>> Heats High Jump | — 10 | 10:55 |
| 11:05 | 9 — 7 (Circle A) (2F) | 60m >>>> Heats Shot Put Discus Throw | — 7 (Circle B) (2F) — | 11:05 |
| 11:15 | — 11 (Pit B) (2F) | 1500m >>>> Final Long Jump | 11 — | 11:15 |
| 11:27 | — | 1500m >>>> Final | 13 | 11:27 |
| 11:35 | — | 1500m >>> Final | 14 | 11:35 |
| 11:45 | — 9 (Circle B) (2F) 12 (Pit A) | 100m >>>> Heats Discus Throw Long Jump | 11, 9 — — | 11:45 |
| 12:00 | — | 100m >>>> Heats | 12, 14 | 12:00 |
| 12:10 | — | High Jump | 11 | 12:10 |
| Time | Girls | Event | Boys | Time |

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| Time | Girls | Event | Boys | Time |
|----------------------------|--------------------------------------|--|---|-------|
| 12:15 | — | 100m >>>> Heats | 7,8 | 12:15 |
| 12:30 | — — — | Shot Put Shot Put 100m >>>> Heats | 9 (Circle B) (2F) 12 (Circle A) 13,10 | 12:30 |
| 12:40 | 7,8,9 | 60m >>> Semi-Finals (as required) | — | 12:40 |
| 12:55 | 10 | 800m >>>> Final | — | 12:55 |
| 13:00 | 11 8 (Circle A)(2F) | 800m >>>> Final Discus Throw | — — | 13:00 |
| 13:05 | 12 | 800m >>>> Final | — | 13:05 |
| 13:10 | 13 | 800m >>>> Final | — | 13:10 |
| 13:15 | 14 | 800m >>>> Final | — | 13:15 |
| 13:20 | — | 100m >>>> Semi-Finals (as required) | 8,12 | 13:20 |
| 13:30 | 13 (Circle B) 7 8 9 | Discus Throw 60m >>>> Final 60m >>>> Final 60m >>>> Final | — — — — | 13:30 |
| 13:40 | 12 | 80m Hurdles >>>> Final | — | 13:40 |
| 13:45 | 13 | 80m Hurdles >>>> Final | — | 13:45 |
| 13:50 | 14 | 80m Hurdles >>>> Final | — | 13:50 |
| 13:55 | — — — — — — — — | 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final | 14 10 13 7 9 11 8 12 | 13:55 |
| LUNCH BREAK — TRACK | | | | |
| 14:00 | — | High Jump | 14 | 14:00 |
| 14:30 | — — 10, 11 | Long Jump Long Jump 200m >>>> Heats | 7 (Pit B) (2F) 8 (Pit A)(2F) — | 14:30 |
| Time | Girls | Event | Boys | Time |

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| Time | Girls | Event | Boys | Time |
|-------|------------------------------|--|---------------------------------------|-------|
| 14:50 | 14, 13 10 (Circle A) (2F) | 200m >>>> Heats Discus Throw | — — | 14:50 |
| 15:00 | 12, 9 — — | 200m >>>> Heats High Jump Shot Put | — 13 14 (Circle A) | 15:00 |
| 15:15 | 11 (Circle B) (2F) 8, 7 | Discus Throw 200m >>>> Heats | — — | 15:15 |
| 15:35 | — | 400m >>>> Heats | 12, 10 | 15:35 |
| 15:50 | — | 400m >>>> Heats | 11, 14 | 15:50 |
| 16:00 | — 14 (Pit A) — | Shot Put Long Jump 400m >>>> Heats | 10 (Circle B) (F2) — 13 | 16:00 |
| 16:10 | 10 11 12 | 1200m Track Walk >>>> Final 1200m Track Walk >>>> Final 1200m Track Walk >>>> Final | — — — | 16:10 |
| 16:10 | — — — | Shot Put Long Jump High Jump | 11 (Circle A) 9 (Pit B) (2F) 12 | 16:10 |
| 16:20 | 7,9,10,11,12 | 200m >>>> Semi-Finals (as required) | — | 16:20 |
| 16:35 | 12 (Circle A) | Discus Throw | — | 16:35 |
| 16:45 | — | 50m Pre-School & Under 7 | — | 16:45 |
| 16:55 | 13 14 | 1600m Track Walk >>>> Final 2000m Track Walk >>>> Final | — — | 16:55 |
| 17:15 | — — — — — | 400m >>>> Final 400m >>>> Final 400m >>>> Final 400m >>>> Final 400m >>>> Final | 10 11 12 13 14 | 17:15 |
| Time | Girls | Event | Boys | Time |

Day 1 - SATURDAY 16th March 2019

| Time | Girls | Event | Boys | Time |
|-------|-------|-----------------|------|-------|
| 17:30 | 14 | 200m >>>> Final | — | 17:30 |
| | 13 | 200m >>>> Final | — | |
| | 8 | 200m >>>> Final | — | |
| | 7 | 200m >>>> Final | — | |
| | 9 | 200m >>>> Final | — | |
| | 10 | 200m >>>> Final | — | |
| | 11 | 200m >>>> Final | — | |
| | 12 | 200m >>>> Final | — | |

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| 17:50 | — | 4 x 100 Relay >>>> Timed Final | 7 | 17:50 |
| | — | 4 x 100 Relay >>>> Timed Final | 8 | |
| | — | 4 x 100 Relay >>>> Timed Final | 9 | |
| | — | 4 x 100 Relay >>>> Timed Final | 10 | |
| | — | 4 x 100 Relay >>>> Timed Final | 11 | |
| | — | 4 x 100 Relay >>>> Timed Final | 12 | |
| | — | 4 x 100 Relay >>>> Timed Final | 13 | |
| | — | 4 x 100 Relay >>>> Timed Final | 14 | |

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|-------|----|--------------------------------|---|-------|
| 18:10 | 7 | 4 x 100 Relay >>>> Timed Final | — | 18:10 |
| | 8 | 4 x 100 Relay >>>> Timed Final | — | |
| | 9 | 4 x 100 Relay >>>> Timed Final | — | |
| | 10 | 4 x 100 Relay >>>> Timed Final | — | |
| | 11 | 4 x 100 Relay >>>> Timed Final | — | |
| | 12 | 4 x 100 Relay >>>> Timed Final | — | |
| | 13 | 4 x 100 Relay >>>> Timed Final | — | |
| | 14 | 4 x 100 Relay >>>> Timed Final | — | |

| Time | Girls | Event | Boys | Time |
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Day 2 - SUNDAY 17th March 2019

| Time | Girls | Event | Boys | Time |
|-------|--|---|---------------------------------|-------|
| 11:35 | — 13 (Circle A) 8 (Circle B) (2F) — | 80m Hurdles >>>> Heats Shot Put Shot Put Long Jump | 12 — — 10 (Pit B) (2F) | 11:35 |
| 11:40 | — | 80m Hurdles >>>> Heats | 13 | 11:40 |
| 11:50 | — | 100m Hurdles >>>> Heats (or Final) | 14 | 11:50 |
| 12:00 | 10 — | 1500m >>>> Final Long Jump | — 13 (Pit A) | 12:00 |
| 12:07 | 12 10 | 1500m >>>> Final High Jump | — — | 12:07 |
| 12:10 | — | Discus Throw | 14 (Circle B) | 12:10 |
| 12:20 | — | 60m >>>> Heats | 7 | 12:20 |
| 12:25 | — | 60m >>>> Heats | 8 | 12:25 |
| 12:35 | — 7 (Circle B) (2F) — | 60m >>>> Heats Shot Put Discus Throw | 9 — 7 (Circle A) (2F) | 12:35 |
| 12:45 | 11 — | 1500m >>>> Final Long Jump | — 11 (Pit B) (2F) | 12:45 |
| 12:52 | 13 | 1500m >>>> Final | — | 12:52 |
| 13:02 | 14 | 1500m >>>> Final | — | 13:02 |
| 13:10 | 9, 11 | 100m >>>> Heats | — | 13:10 |
| 13:15 | — — | Discus Throw Long Jump | 9 (Circle B) (2F) 12 (Pit A) | 13:15 |
| 13:25 | 12, 14 11 | 100m >>>> Heats High Jump | — — | 13:25 |
| 13:40 | 7, 8 | 100m >>>> Heats | — | 13:40 |
| 13:55 | 9 (Circle B) (2F) 12 (Circle A) | Shot Put Shot Put | — — | 13:55 |
| 13:55 | 13, 10 | 100m >>>> Heats | — | 13:55 |

| Time | Girls | Event | Boys | Time |
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Day 2 - SUNDAY 17th March 2019

| Time | Girls | Event | Boys | Time |
|-------|---|--|--------------------------------------|-------|
| 14:10 | | 60m >>>> Semi-Final (as required) | 8 | 14:10 |
| 14:15 | — | 800m >>>> Final | 10 | 14:15 |
| 14:20 | — 14 | 800m >>>> Final High Jump | 11 — | 14:20 |
| 14:25 | — — | 800m >>>> Final Discus Throw | 12 8 (Circle A) | 14:25 |
| 14:30 | — | 800m >>>> Final | 13 | 14:30 |
| 14:35 | — | 800m >>>> Final | 14 | 14:35 |
| 14:40 | 7, 8, 9, 10, 11, 12 | 100m >>> Semi-Finals (as required) | | 14:40 |
| 14:40 | | Discus Throw | 13 (CircleB) | 14:40 |
| 15:00 | — — — | 60m >>>> Final 60m >>>> Final 60m >>>> Final | 7 8 9 | 15:00 |
| 15:30 | — | 80m Hurdles >>>> Final 80m Hurdles >>>> Final 100m Hurdles >>>> Final if Req | 12 13 14 | 15:30 |
| 15:45 | 7 8 9 10 11 12 13 14 | 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final 100m >>>> Final | — — — — — — — — | 15:45 |
| 15:55 | 7 (Pit B) (2F) 8 (Pit A) (2F) | Long Jump Long Jump | — — | 15:55 |
| 16:05 | 14 (Circle A) 13 | Shot Put High Jump | — — | 16:05 |
| 16:10 | — | 200m >>>> Heats | 10, 11 | 16:10 |
| 16:25 | — | 200m >>>> Heats | 14, 13 | 16:25 |
| 16:40 | — — | Discus Throw 200m >>>> Heats | 10 (Circle A) (2F) 12, 9 | 16:40 |
| 16:55 | — — | Discus Throw 200m >>>> Heats | 11 (Circle B) (2F) 8, 7 | 16:55 |
| Time | Girls | Event | Boys | Time |

Day 2 - SUNDAY 17th March 2017

| Time | Girls | Event | Boys | Time |
|-------|--|--|---|-------|
| 17:10 | 12, 10 | 400m >>>> Heats | — | 17:10 |
| 17:20 | 11, 14 | 400m >>>> Heats | — | 17:20 |
| 17:30 | 10 (Circle B) (2F) — 13 | Shot Put Long Jump 400m >>>> Heats | — 14 (Pit A) — | 17:30 |
| 17:40 | — — — | 1200m Track Walk >>>> Final 1200m Track Walk >>>> Final 1200m Track Walk >>>> Final | 10 11 12 | 17:40 |
| 17:45 | 11 (Circle A) (2F) 9 (Pit B) (2F) 12 | Shot Put Long Jump High Jump | — — — | 17:45 |
| 17:50 | — | Discus Throw | 12 (Circle A) | 17:50 |
| 17:50 | — | 200m >>>> Semi-Finals (as required) | 8, 11 | 17:50 |
| 18:10 | — — | 1600m Track Walk >>>> Final 2000m Track Walk >>>> Final | 13 14 | 18:10 |
| 18:20 | — — — — — — — — | 200m >>> Final 200m >>> Final 200m >>> Final 200m >>> Final 200m >>> Final 200m >>> Final 200m >>> Final 200m >>> Final | 7 9 10 12 13 14 8 11 | 18:20 |
| 18:40 | 10 11 12 13 14 | 400m >>> Final 400m >>> Final 400m >>> Final 400m >>> Final 400m >>> Final | — — — — — | 18:40 |
| Time | Girls | Event | Boys | Time |