

Day 1

Please note

The following is a guide only!

Heats will run as timed finals where possible.

Based on the number of entries, the order of races may be adjusted

Time	Event	Age Category	Hurdle Height
5:00	Boys 100m Hurdle Heats	Senior Boys	36"
		Junior Boys	33"
		Intermediate Boys	30"
		Bantam Boys	30"
	Boys 100m Hurdle Finals	Senior Boys	36"
		Junior Boys	33"
		Intermediate Boys	30"
		Bantam Boys	30"
	Girls 80m Hurdle Heats	Senior Girls	30"
		Junior Girls	30"
		Intermediate Girls	30"
		Bantam Girls	30"
	Girls 80m Hurdle Finals	Senior Girls	30"
		Junior Girls	30"
		Intermediate Girls	30"
		Bantam Girls	30"
5:45	Girls 3000m	All Categories	
6:00	Boys 3000m	All Categories	