

FIRST DAY OF COMPETITION - FRIDAY, 22 MARCH 2019

1	09:00	Girls 11	1200m	Heats		Final 106
2	09:00	Boys 13	Long Jump (A Pit)		Final	
3	09:00	Girls 13	Long Jump (B Pit)		Final	
4	09:00	Boys 12	High Jump (A Mat)		Final	
5	09:00	Girls 12	High Jump (B Mat)		Final	
6	09:00	Girls 11	Shot Put (A Circle)		Final	
7	09:05	Girls 13L	1200m		Final	
8	09:15	Girls 10	80m	Heats		Semi-final 37
9	09:25	Boys 10	80m	Heats		Semi-final 38
10	09:35	Girls 11	80m	Heats		Semi-final 39
11	09:45	Boys 11	80m	Heats		Semi-final 40
12	09:55	Girls 12	150m	Heats		Semi-final 41
13	10:05	Boys 12	150m	Heats		Semi-final 42
14	10:15	Girls 13L	200m	Heats		Final 60
15	10:25	Girls 13	200m	Heats		Semi-final 43
16	10:35	Boys 13L	200m	Heats		Final 62
17	10:45	Boys 13	200m	Heats		Semi-final 44
18	10:55	Girls 13	800m	Heats		Final 76
19	11:05	Boys 13	800m	Heats		Final 77
20	11:10	Girls 13	Shot Put (B Circle)		Final	
21	11:10	Boys 12	Discus Throw		Final	
22	11:10	Girls 12	Javelin		Final	
23	11:15	Girls 10	70m Hurdles	Heats		Final 68
24	11:25	Boys 10	70m Hurdles	Heats		Final 69
25	11:35	Girls 11	70m Hurdles	Heats		Final 70
26	11:45	Boys 11	70m Hurdles	Heats		Final 71
27	11:45	Girls 13L	Shot Put (A Circle)		Final	
28	11:45	Boys 11	Long Jump (B Pit)		Final	
29	11:45	Girls 11	Long Jump (A Pit)		Final	
30	11:45	Boys 10	High Jump (A Mat)		Final	
31	11:45	Girls 10	High Jump (B Mat)		Final	
32	11:55	Girls 12	75m Hurdles	Heats		Final 72
33	12:05	Boys 12	75m Hurdles	Heats		Final 73
34	12:15	Girls 13	75m Hurdles	Heats		Final 74

35	12:25	Boys 13	80m Hurdles	Heats		Final 75
	12:30		Medal Presentation	ITEMS:2, 3, 4, 5, 6,7		
36	12:35	Boys 11	1200m	Heats		Final 107
37	12:45	Girls 10	80m	Semi-finals		Final 54
38	12:50	Boys 10	80m	Semi-finals		Final 55
39	12:55	Girls 11	80m	Semi-finals		Final 56
40	13:00	Boys 11	80m	Semi-finals		Final 57
41	13:10	Girls 12	150m	Semi-finals		Final 58
42	13:15	Boys 12	150m	Semi-finals		Final 59
43	13:20	Girls 13	200m	Semi-finals		Final 61
44	13:25	Boys 13	200m	Semi-finals		Final 63
			LUNCH: 13:30 - 14:00			
45	14:00	Boys 13	Shot Put (A Circle)		Final	
46	14:00	Boys 11	Shot Put (B Circle)		Final	
47	14:00	Boys 12	Javelin		Final	
48	14:00	Girls 12	Discus Throw		Final	
49	14:00	Girls 11	High Jump (B Mat)		Final	
50	14:00	Girls 13L	High Jump (A Mat)		Final	
51	14:00	Boys 13L	Long Jump (B Pit)		Final	
52	14:00	Girls 12	1200m	Heats		Final 134
53	14:10	Boys 12	1200m	Heats		Final 135
54	14:20	Girls 10	80m		Final	
55	14:25	Boys 10	80m		Final	
56	14:30	Girls 11	80m		Final	
57	14:35	Boys 11	80m		Final	
58	14:45	Girls 12	150m		Final	
59	14:50	Boys 12	150m		Final	
60	15:00	Girls 13L	200m		Final	
61	15:05	Girls 13	200m		Final	
62	15:10	Boys 13L	200m		Final	
63	15:15	Boys 13	200m		Final	
	15:20		Medal Presentation	ITEMS: 20, 21, 22, 27, 28, 29, 30, 31		
64	15:25	Girls 13	1500m Walk		Final	
65	15:35	Boys 13L	1500m		Final	
66	15:45	Girls 10	1200m	Heats		Final 136
67	15:55	Boys 10	1200m	Heats		Final 137
68	16:05	Girls 10	70m Hurdles		Final	
69	16:10	Boys 10	70m Hurdles		Final	
70	16:15	Girls 11	70m Hurdles		Final	
71	16:20	Boys 11	70m Hurdles		Final	
72	16:30	Girls 12	75m Hurdles		Final	
73	16:35	Boys 12	75m Hurdles		Final	

74	16:40	Girls 13	75m Hurdles		Final		
75	16:50	Boys 13	80m Hurdles		Final		
	17:00		Medal Presentation	ITEMS: 45,46,47,48,49,50,50,51,54,55,56,57,58,59,60,61,62,63,64,65.			
76	17:00	Girls 13	800m		Final		
77	17:05	Boys 13	800m		Final		
78	17:15	Girls 10	4x100m Relay	Heats			Final 153
79	17:25	Boys 10	4x100m Relay	Heats			Final 154
80	17:35	Girls 11	4x100m Relay	Heats			Final 155
81	17:45	Boys 11	4x100m Relay	Heats			Final 156
82	17:55	Girls 12	4x100m Relay	Heats			Final 157
83	18:05	Boys 12	4x100m Relay	Heats			Final 158
84	18:15	Girls 13L	4x100m Relay	Heats			Final 159
85	18:25	Girls 13	4x100m Relay	Heats			Final 160
86	18:35	Boys 13L	4x100m Relay	Heats			Final 161
87	18:45	Boys 13	4x100m Relay	Heats			Final 162

SECOND DAY OF COMPETITION
SATURDAY, 24 MARCH 2019

88	08:00	Boys 13	High Jump (A Mat)		Final		
89	08:00	Girls 13	High Jump (B Mat)		Final		
90	08:00	Boys 12	Long Jump (A Pit)		Final		
91	08:00	Girls 12	Long Jump (B Pit)		Final		
92	08:00	Girls 10	Shot Put (A Circle)		Final		
93	08:00	Boys 13L	Shot Put (B Circle)		Final		
94	08:00	Girls 13	1500m	Heats			Final 151
95	08:10	Boys 13	1500m	Heats			Final 152
96	08:20	Girls 10	100m	Heats			Semi-final 118
97	08:30	Boys 10	100m	Heats			Semi-final 119
98	08:40	Girls 11	100m	Heats			Semi-final 120
99	08:50	Boys 11	100m	Heats			Semi-final 121
100	09:00	Girls 12	100m	Heats			Semi-final 122
101	09:10	Boys 12	100m	Heats			Semi-final 123
102	09:20	Girls 13L	100m	Heats			Final 147
103	09:25	Girls 13	100m	Heats			Semi-final 124
104	09:30	Boys 13L	100m	Heats			Final 148
105	09:35	Boys 13	100m	Heats			Semi-final 125
	09:40		Medal Presentation	ITEMS: 64,65,68,69,70, 71,72, 73, 74,75, 76,77			
106	09:45	Girls 11	1200m		Final		
107	09:50	Boys 11	1200m		Final		

108	10:00	Girls 12	150m Hurdles	Heats		Final 130
109	10:00	Boys 12	Shot Put (B Circle)		Final	
110	10:00	Boys 13	Javelin		Final	
111	10:00	Girls 13	Discus Throw		Final	
112	10:00	Girls 13L	Long Jump (A Pit)		Final	
113	10:00	Boys 11	High Jump (A Mat)		Final	
114	10:00	Boys 13L	High Jump (B Mat)		Final	
115	10:10	Boys 12	150m Hurdles	Heats		Final 131
116	10:20	Girls 13	200m Hurdles	Heats		Final 132
117	10:30	Boys 13	200m Hurdles	Heats		Final 133
118	10:40	Girls 10	100m	Semi-final		Final 141
119	10:50	Boys 10	100m	Semi-final		Final 142
120	11:00	Girls 11	100m	Semi-final		Final 143
121	11:10	Boys 11	100m	Semi-final		Final 144
122	11:20	Girls 12	100m	Semi-final		Final 145
123	11:30	Boys 12	100m	Semi-final		Final 146
124	11:40	Girls 13	100m	Semi-final		Final 148
125	11:50	Boys 13	100m	Semi-final		Final 150
126	12:00	Boys 10	Long Jump (B Pit)		Final	
127	12:00	Girls 10	Long Jump (A Pit)		Final	
128	12:00	Boys 10	Shot Put (A Circle)		Final	
129	12:00	Girls 12	Shot Put (B Circle)		Final	
130	12:00	Girls 12	150m Hurdles		Final	
131	12:05	Boys 12	150m Hurdles		Final	
132	12:15	Girls 13	200m Hurdles		Final	
133	12:20	Boys 13	200m Hurdles		Final	
	12:25		Medal Presentation	ITEMS: 88, 89, 90, 91, 92, 93,106,107		
134	12:30	Girls 12	1200m		Final	
135	12:35	Boys 12	1200m		Final	
136	12:40	Girls 10	1200m		Final	
137	12:45	Boys 10	1200m		Final	
138	12:55	Boys 13	1500m Walk		Final	
			LUNCH: 13:10 - 14:00			
139	14:00	Boys 13	Discus Throw		Final	
140	14:00	Girls 13	Javelin		Final	
141	14:00	Girls 10	100m		Final	
142	14:05	Boys 10	100m		Final	
143	14:10	Girls 11	100m		Final	
144	14:15	Boys 11	100m		Final	
145	14:20	Girls 12	100m		Final	
146	14:25	Boys 12	100m		Final	
147	14:30	Girls 13L	100m		Final	

148	14:35	Girls 13	100m	Final		
149	14:40	Boys 13L	100m	Final		
150	14:45	Boys 13	100m	Final		
	14:50		Medal Presentation	<u>ITEMS:</u> 109, 110, 111, 112, 113, 114, 126, 127, 128, 129, 133, 134, 135, 136, 137, 138.		
151	14:55	Girls 13	1500m	Final		
152	15:00	Boys 13	1500m	Final		
153	15:10	Girls 10	4x100m Relay	Final		
154	15:15	Boys 10	4x100m Relay	Final		
155	15:20	Girls 11	4x100m Relay	Final		
156	15:25	Boys 11	4x100m Relay	Final		
157	15:30	Girls 12	4x100m Relay	Final		
158	15:35	Boys 12	4x100m Relay	Final		
159	15:40	Girls 13L	4x100m Relay	Final		
160	15:45	Girls 13	4x100m Relay	Final		
161	15:50	Boys 13L	4x100m Relay	Final		
162	15:55	Boys 13	4x100m Relay	Final		
	16:00		Medal Presentation	<u>ITEMS:</u> 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152.		
	17:00	CLOSING CEREMONY				
	17:00 to 18:00	No Medal Presentation Medal will be collected at medal room/table of these items because of time constraints Team managers collect and sign for medals		<u>ITEMS:</u> 153, 154, 155, 156, 157, 158, 159, 160, 161, 162.		