

30.03.2024

7:30 am- Open 5000m/5km Starts		
Round 1 <i>Time: 8:30-9:30am</i>	Round 2 <i>Time: 9:30-10:15am</i>	Round 3 <i>Time: 10:15-11:00am</i>
Males Under 11: 100m Females Under 11: 100m Males Under 13: 100m Females Under 13: 100m	Males Under 15: 100m Females Under 15: 100m Males Under 17: 100m Females Under 17: 100m Males Over 30-40: Shot Put Females Over 30-40: Shot Put Males Over 40-50: Shot Put Females Over 40-50: Shot Put	Males Under 19: 100m Females Under 19: 100m Males Over 19-29: 100m Females Over 19-29: 100m Males Over 50-60: Shot Put Females Over 50-60: Shot Put Males Over 60-70: Shot Put Females Over 60-70: Shot Put
Round 4 <i>Time: 11:00-12:00pm</i>	Time: 12:00-1:00pm	Round 5 <i>Time: 1:00-2:00pm</i>
Males Under 11: 400m Females Under 11: 400m Males Under 13: 400m	Lunch/Break	Females Under 13: 400m Males Under 15: 400m Females Under 15: 400m
Round 6 <i>Time: 2:00-2:45pm</i>	Round 7 <i>Time: 2:45-3:15pm</i>	Round 8 <i>Time: 3:15-3:45pm</i>
Males Over 30-40: 100m Females Over 30-40: 100m Males Over 40-50: 100m Females Over 40-50: 100m Males Over 50-60: 100m Females Over 50-60: 100m	Males Under 17: 800m Females Under 17: 800m Males Under 19: 800m Females Under 19: 800m Males Over 19-29: 800m Females Over 19-29: 800m	Males Over 30-40: 800m Females Over 30-40: 800m Males Over 40-50: 800m Females Over 40-50: 800m Males Over 50-60: 800m Females Over 50-60: 800m
Round 9 <i>Time: 3:35-4:45pm</i>	31.03.2024 <i>Time: 8:45</i>	
Males Over 60-70: 800m Females Over 60-70: 800m Open: 1500m	Relay race: 4 times 400m Long Jump for: Males Over 30-40 Females Over 30-40 Males Over 40-50 Females Over 40-50 Males Over 50-60 Females Over 50-60 Males Over 60-70 Females Over 60-70	