

Track Events

10:00	Opening Ceremony	
10:20	60 M Hurdles Final	2010 Girls
10:25	60 M Hurdles Final	2010 Boys
10:30	60 M Hurdles Final	2009 Girls
10:35	60 M Hurdles Final	2009 Boys
10:40	60 M Hurdles Final	2008 Girls
10:45	60 M Hurdles Final	2008 Boys
10:50	80 M Hurdles Final	2007 Girls
10:55	80 M Hurdles Final	2007 Boys
11:00	80 M Hurdles Final	2006 Girls
11:05	80 M Hurdles Final	2006 Boys
11:15	80 M Hurdles Final	U16 Girls
11:20	100 M Hurdles Final	U18, U20, Senior Women
11:25	100 M Hurdles Final	U16 Boys
11:30	110 M Hurdles Final	U18, U20, Senior Men
11:35	1500 M Final	U18, U20, Senior Women
11:45	1500 M Final	U18, U20, Senior Men
11:55	1200 M Final	U16 Girls
12:05	1200 M Final	U16 Boys
12:15	200 M Final	U18, U20, Senior Women
12:20	200 M Final	U18, U20, Senior Men
12:25	200 M Final	Masters Women
12:30	200 M Final	Masters Men
12:35	200 M Final	U16 Girls
12:40	200 M Final	U16 Boys
12:50	100 M Final	2010 Girls
12:55	100 M Final	2010 Boys
1:00	100 M Final	2009 Girls
1:05	100 M Final	2009 Boys
1:10	100 M Final	2008 Girls
1:15	100 M Final	2008 Boys
1:20	100 M Final	2007 Girls
1:25	100 M Final	2007 Boys
1:30	100 M Final	2006 Girls
1:35	100 M Final	2006 Boys
1:40	100 M Final	U16 Girls
1:45	100 M Final	U16 Boys
1:50	100 M Final	U18, U20, Senior Women
1:55	100 M Final	U18, U20, Senior Men
2:00	100 M Final	Masters Women
2:05	100 M Final	Masters Men
2:15	60 M Final	2010 Girls
2:20	60 M Final	2010 Boys
2:25	60 M Final	2009 Girls
2:30	60 M Final	2009 Boys
2:35	60 M Final	2008 Girls
2:40	60 M Final	2008 Boys
2:50	300 M Final	2007 Girls
2:55	300 M Final	2007 Boys
3:00	300 M Final	2006 Girls
3:05	300 M Final	2006 Boys
3:10	300 M Final	U16 Girls
3:15	300 M Final	U16 Boys
3:25	400 M Final	U18, U20, Senior Women
3:30	400 M Final	U18, U20, Senior Men
3:35	400 M Final	Masters Women
3:40	400 M Final	Masters Men
3:50	600 M Final	2010 Girls
3:55	600 M Final	2010 Boys
4:00	600 M Final	2009 Girls
4:05	600 M Final	2009 Boys
4:10	600 M Final	2008 Girls
4:15	600 M Final	2008 Boys
4:20	800 M Final	2007 Girls
4:25	800 M Final	2007 Boys
4:30	800 M Final	2006 Girls
4:35	800 M Final	2006 Boys

4:40	800 M Final	U16 Girls
4:45	800 M Final	U16 Boys
4:50	800 M Final	U18, U20, Senior Women
5:00	800 M Final	U18, U20, Senior Men

Field Events

10:20	High Jump - Pit A	2006 Boys
10:20	High Jump - Pit B	2007 Boys
10:20	Long Jump - Pit A	U16 Girls
10:20	Long Jump - Pit B	U18, U20, Senior Women
10:20	Shot Put - Circle A	U16 Boys
10:20	Shot Put - Circle B	2008, 2009, 2010 Boys
10:50	High Jump - Pit A	2008 Girls
10:50	High Jump - Pit B	2009, 2010 Girls
11:00	Shot Put - Circle A	U18, U20, Senior Men
11:20	Long Jump - Pit A	2008 Boys
11:20	Long Jump - Pit B	2009, 2010 Boys
11:20	High Jump - Pit A	2006 Girls
11:20	High Jump - Pit B	2007 Girls
11:20	Javelin	U16 Girls, U18, U20, Senior Women
11:40	Shot Put - Circle A	2006, 2007 Boys
11:40	Shot Put - Circle B	2008, 2009, 2010 Girls
11:50	Long Jump - Pit A	U18, U20, Senior Men
12:10	High Jump - Pit A	U18, U20, Senior, Masters Women
12:15	Shot Put - Circle A	U16 Girls
12:15	Shot Put - Circle B	2006, 2007 Girls
12:20	Javelin	U16 Boys, U18, U20, Senior Men
12:20	Long Jump - Pit A	2008 Girls
12:20	Long Jump - Pit B	2009, 2010 Girls
12:40	Discus	U16 Girls, U18, U20, Senior Women
12:50	High Jump - Pit A	2008 Boys
12:50	High Jump - Pit B	2009, 2010 Boys
12:50	Long Jump - Pit A	2006 Boys
12:50	Long Jump - Pit B	2007 Boys
1:20	Long Jump - Pit A	U16 Boys
1:25	High Jump - Pit A	U16 Girls
1:40	Hammer	All Female Competitors
2:00	High Jump - Pit A	U18, U20, Senior, Masters Men
2:00	Long Jump - Pit A	2006 Girls
2:00	Long Jump - Pit B	2007 Girls
2:10	Hammer	All Male Competitors
2:30	Triple Jump - Pit A	U16 Girls, U18, U20, Senior Women
2:30	Triple Jump - Pit B	2006 Boys
2:40	High Jump - Pit A	U16 Boys
2:50	Discus	2006, 2007, 2008 Girls
3:20	Discus	2006, 2007, 2008 Boys
3:30	Triple Jump - Pit A	U16 Boys, U18, U20, Senior Men
3:30	Triple Jump - Pit B	2006 Girls
3:50	Shot Put - Circle A	U18, U20, Senior Women
4:00	Discus	U16 Boys, U18, U20, Senior Men

- Notes: 1). Times are approximate and events may start earlier if the schedule permits.
- 2). This year all races are Finals.