

9:30 Registration Opens

11:00 QuadKids Warm Up

Track

11:00	U13 Girls 75m Heats
11:10	U13 Boys 100m Heats
11:20	U15 Boys 300m Final
11:30	QuadKids 75m
12:15	U15 Girls/Boys 800m Final
12:25	U13 Girls 75m Final
12:30	U13 Boys / U15 Girls / U15 Boys 100m Finals
LUNCH	
13:30	U13 Girls 70m Hurdles Final
13:40	U13 Boys 75m Hurdles Final
13:45	U15 Girls 75m Hurdles Final
14:00	U13 Girls 150m Heats
14:10	U13 Boys 200m Heats
14:20	U15 Girls 200m Heats
14:35	U13 Girls 800m Final (See note below)
14:45	U13 Boys 800m Final (See note below)
14:55	U13 Girls 1200m Final
15:05	U13 Boys / U15 Girls / U15 Boys 1500m Finals
15:30	QuadKids 600m
16:10	U13 Girls 150m Final
16:15	U13 Boys / U15 Girls / U15 Boys 200m Finals
16:45	QuadKids and other Relays

Field

10:30	Shot (All)
10:30	U15 Girls / U15 Boys Long Jump (Pit 1)
11:30	U13 Girls Long Jump Pool A (Pit 1)
11:30	U13 Boys Long Jump Pool A (Pit 2)
11:45	U15 Girls / U15 Boys Discus
12:30	QuadKids Yellow and Blue Teams Vortex Throw
12:30	QuadKids Red and Green Teams Long Jump
LUNCH	
14:00	QuadKids Yellow and Blue Teams Long Jump
14:00	QuadKids Red and Green Teams Vortex Throw
15:00	U13 Girls Long Jump Pool B (Pit 1)
15:00	U13 Boys Long Jump Pool B (Pit 2)
15:45	High Jump (All)
16:15	Javelin (All)

Notes:

1. Due to numbers of entries, the U13 Boys and Girls 800m may consist of 2 races with medals being decided on athletes' times across both races.
2. Any event timetabled for heats and finals may be run as a straight final on the day at the time originally scheduled for the heats.

QuadKids Medal Presentations will follow relays