

9:30 Registration Opens

11:00 QuadKids Warm Up

Track

10:45	300m Heats (U15 Girls)
10:50	300m Final (U15 Boys)
11:00	100m Heats (U15 Girls / U15 Boys)
11:10	100m Heats (U13 Boys)
11:20	75m Heats (U13 Girls)
11:30	QuadKids 75m
12:15	800m Finals (U13 Girls / U13 Boys) - see Note 1 below
12:30	800m Finals (U15 Girls / U15 Boys)
12:45	100m Finals (U13 Boys / U15 Girls / U15 Boys)
12:55	75m Final (U13 Girls)
13:05	300m Final (U15 Girls)
	BREAK
13:55	70m Hurdles Final (U13 Girls)
14:05	75m Hurdles Finals (U13 Boys / U15 Girls)
14:15	80m Hurdles Final (U15 Boys)
14:30	150m Heats (U13 Girls)
14:40	200m Heats (U13 Boys / U15 Girls)
15:00	1200m Final (U13 Girls)
15:10	1500m Finals (U13 Boys / U15 Girls / U15 Boys)
15:35	QuadKids 600m
16:15	150m Final (U13 Girls)
16:20	200m Finals (U13 Boys / U15 Girls / U15 Boys)
16:45	QuadKids and other Relays

Field

10:30	Hammer (All)
10:30	Javelin (U13 Girls / U13 Boys)
11:15	High Jump (U13 Girls / U13 Boys)
11:30	Long Jump (U15 Girls) - Pit 1
11:30	Long Jump (U15 Boys) - Pit 2
11:45	Discus (All)
12:30	QuadKids Yellow and Blue Teams Vortex Throw
12:30	QuadKids Red and Green Teams Long Jump
13:15	High Jump (U15 Girls / U15 Boys)
14:00	QuadKids Yellow and Blue Teams Long Jump
14:00	QuadKids Red and Green Teams Vortex Throw
15:00	Long Jump (U13 Girls) - Pit 1
15:00	Long Jump (U13 Boys) - Pit 2
15:45	Shot (All)
15:45	Javelin (U15 Girls / U15 Boys)

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