



9:30 Registration Opens

10:50 QuadKids Warm Up

Track

10:45 70m Hurdles Heats (U13 Girls)
11:00 100m Heats (U13 Boys)
11:10 75m Heats (U13 Girls)
11:20 QuadKids 75m
12:00 800m Finals (U13 Girls / U13 Boys) - see Note 1 below
12:15 800m Finals (U15 Girls / U15 Boys)
12:30 100m Finals (U13 Boys / U15 Girls / U15 Boys)
12:40 75m Final (U13 Girls)
12:50 300m Final (U15 Girls / U15 Boys)
13:00 Bucks AA / Oxon AA 3000m (U15B / U17M)
13:30 Bucks AA / Oxon AA 3000m (U15G / U17W)
14:00 70m Hurdles Final (U13 Girls)
14:10 75m Hurdles Finals (U13 Boys / U15 Girls)
14:25 150m Heats (U13 Girls)
14:40 200m Heats (U13 Boys)
14:50 1200m Final (U13 Girls)
15:00 1500m Finals (U13 Boys / U15 Girls / U15 Boys)
15:25 QuadKids 600m
16:00 150m Final (U13 Girls)
16:05 200m Finals (U13 Boys / U15 Girls / U15 Boys)

Field

10:15 Hammer (All)
10:30 Javelin (U13G & U13B) – PV End
11:15 High Jump (U13G)
11:15 Long Jump (U15 Girls & Boys) - Pit 2 – PV End
11:30 Discus (All)
12:00 for 12:15 QuadKids Yellow and Blue Teams Long Jump
12:00 for 12:15 QuadKids Red and Green Teams Vortex Throw
13:00 Shot (All)
13:15 High Jump (U13B, U15G & U15B)
13:45 for 14:00 QuadKids Yellow and Blue Teams Vortex Throw
13:45 for 14:00 QuadKids Red and Green Teams Long Jump
15:00 Long Jump (U13 Girls – Pool A) – Pit 1 – Finish End
15:15 Long Jump (U13 Boys) - Pit 2 – PV End
15:45 Javelin (U15G & U15B) – runway tbc
16:00 Long Jump (U13 Girls– Pool B) - Pit 1 – Finish End

Notes:

1. Due to numbers of entries, the U13 Girls 800m final 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.
3. QuadKids will have 3 attempts in long jump and vortex and other athletes 4 attempts in throws and long jump.
4. The exact makeup of the 3000m races will be decided on the day.

Followed By QuadKids and other Relays

QuadKids Medal Presentations will follow relays