

Approximate Track Times		Time	Ball Throw	Shot Put	Discus	Long Jump	Triple Jump	High Jump	Javelin
100 Metre Heat	Grade 6 Girls	9:25 a.m.	Grade 6 Girls	Grade 6 Boys	Grade 7 Girls	Grade 7 Boys	Grade 8 Girls	Grade 8 Boys	Grade 9 Boys
100 Metre Heat	Grade 7 Girls	9:29 a.m.							
100 Metre Heat	Grade 8 Girls	9:33 a.m.							
100 Metre Heat	Grade 9 Girls	9:37 a.m.							
100 Metre Heat	Grade 6 Boys	9:41 a.m.							
100 Metre Heat	Grade 7 Boys	9:45 a.m.							
100 Metre Heat	Grade 8 Boys	9:49 a.m.							
100 Metre Heat	Grade 9 Boys	9:53 a.m.	Grade 6 Boys	Grade 6 Girls	Grade 7 Boys	Grade 7 Girls	Grade 8 Boys	Grade 8 Girls	Grade 9 Girls
100 Metre Final	Grade 6 Girls	9:57 a.m.							
100 Metre Final	Grade 7 Girls	10:01 a.m.							
100 Metre Final	Grade 8 Girls	10:05 a.m.							
100 Metre Final	Grade 9 Girls	10:09 a.m.							
100 Metre Final	Grade 6 Boys	10:13 a.m.							
100 Metre Final	Grade 7 Boys	10:17 a.m.							
100 Metre Final	Grade 8 Boys	10:21 a.m.	Grade 7 Girls	Grade 7 Boys	Grade 8 Girls	Grade 6 Boys	Grade 9 Girls	Grade 9 Boys	Grade 8 Boys
100 Metre Final	Grade 9 Boys	10:25 a.m.							
1500 Metre	Girls	10:30 a.m.							
1500 Metre	Boys	10:35 a.m.							
60 Metre Heat	Grade 6 Girls	10:40 a.m.							
60 Metre Heat	Grade 7 Girls	10:44 a.m.							
60 Metre Heat	Grade 8 Girls	10:48 a.m.							
60 Metre Heat	Grade 9 Girls	10:52 a.m.							
60 Metre Heat	Grade 6 Boys	10:56 a.m.							
60 Metre Heat	Grade 7 Boys	11:00 a.m.							
60 Metre Heat	Grade 8 Boys	11:04 a.m.							
60 Metre Heat	Grade 9 Boys	11:08 a.m.							
60 Metre Final	Grade 6 Girls	11:12 a.m.	Grade 7 Boys	Grade 7 Girls	Grade 8 Boys	Grade 6 Girls	Grade 9 Boys	Grade 9 Girls	Grade 8 Girls
60 Metre Final	Grade 7 Girls	11:16 a.m.							
60 Metre Final	Grade 8 Girls	11:20 a.m.							
60 Metre Final	Grade 9 Girls	11:24 a.m.							
60 Metre Final	Grade 6 Boys	11:28 a.m.							
60 Metre Final	Grade 7 Boys	11:32 a.m.							
60 Metre Final	Grade 8 Boys	11:36 a.m.							
60 Metre Final	Grade 9 Boys	11:40 a.m.							
Hurdles	Grade 6 Girls	11:44 a.m.							
Hurdles	Grade 7 Girls	11:48 a.m.		Grade 8 Girls	Grade 6 Girls	Grade 9 Girls	Grade 6 Boys	Grade 7 Girls	
Hurdles	Grade 8 Girls	11:52 a.m.							
Hurdles	Grade 9 Girls	11:56 a.m.							
Hurdles	Grade 6 Boys	12:00 p.m.							
Hurdles	Grade 7 Boys	12:04 p.m.							
Hurdles	Grade 8 Boys	12:08 p.m.							
Hurdles	Grade 9 Boys	12:12 p.m.							
400 Metre	Grade 6 Girls	12:16 p.m.							
400 Metre	Grade 7 Girls	12:20 p.m.							
400 Metre	Grade 8 Girls	12:24 p.m.							
400 Metre	Grade 9 Girls	12:28 p.m.		Grade 8 Boys	Grade 6 Boys	Grade 9 Boys	Grade 6 Girls	Grade 7 Boys	
400 Metre	Grade 6 Boys	12:32 p.m.							
400 Metre	Grade 7 Boys	12:36 p.m.							
400 Metre	Grade 8 Boys	12:40 p.m.							
400 Metre	Grade 9 Boys	12:44 p.m.							
800 Metre	Girls	12:50 p.m.							
800 Metre	Boys	12:55 p.m.							
200 Metre Heat	Grade 6 Girls	1:00 p.m.							
200 Metre Heat	Grade 7 Girls	1:04 p.m.							
200 Metre Heat	Grade 8 Girls	1:08 p.m.		Grade 9 Girls	Grade 9 Boys	Grade 8 Girls	Grade 7 Girls	Grade 6 Girls	
200 Metre Heat	Grade 9 Girls	1:12 p.m.							
200 Metre Heat	Grade 6 Boys	1:16 p.m.							
200 Metre Heat	Grade 7 Boys	1:20 p.m.							
200 Metre Heat	Grade 8 Boys	1:24 p.m.							
200 Metre Heat	Grade 9 Boys	1:28 p.m.							
200 Metre Final	Grade 6 Girls	1:32 p.m.							
200 Metre Final	Grade 7 Girls	1:36 p.m.							
200 Metre Final	Grade 8 Girls	1:40 p.m.		Grade 9 Boys	Grade 9 Girls	Grade 8 Boys	Grade 7 Boys	Grade 6 Boys	
200 Metre Final	Grade 9 Girls	1:44 p.m.							
200 Metre Final	Grade 6 Boys	1:48 p.m.							
200 Metre Final	Grade 7 Boys	1:52 p.m.							
200 Metre Final	Grade 8 Boys	1:56 p.m.							
200 Metre Final	Grade 9 Boys	2:00 p.m.							
4 X 100 Relay	Grade 6 Girls	2:05 p.m.							
4 X 100 Relay	Grade 7 Girls	2:10 p.m.							
4 X 100 Relay	Grade 8 Girls	2:15 p.m.							
4 X 100 Relay	Grade 9 Girls	2:20 p.m.							
4 X 100 Relay	Grade 6 Boys	2:25 p.m.							
4 X 100 Relay	Grade 7 Boys	2:30 p.m.							
4 X 100 Relay	Grade 8 Boys	2:35 p.m.							
4 X 100 Relay	Grade 9 Boys	2:40 p.m.							
Clean Up		2:45 p.m.				Clean Up			