

2017 Butterdome Start Lines & Notes

50m, 60m, 150m, 200m & 300m (including hurdle events)

Solid white lines as shown on the track diagram

100m White/**black**/white lines at end of back straight.

400m & 600m White/**blue**/white start lines with a two turn cut-in.

800m White/**green**/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with 65% of the field using the regular arced start line and 35% using a second arced start line on the outer portion of the track. 800m run in this fashion would be a one turn cut-in.

1,000m to 3,000m A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.

4 x 200m Relay White/**red**/white start line, with a three turn cut-in. First exchange is in lanes, the 2nd and 3rd exchanges are not done in lanes. 3rd and 4th runners place themselves in the order of the athletes at the 100m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.

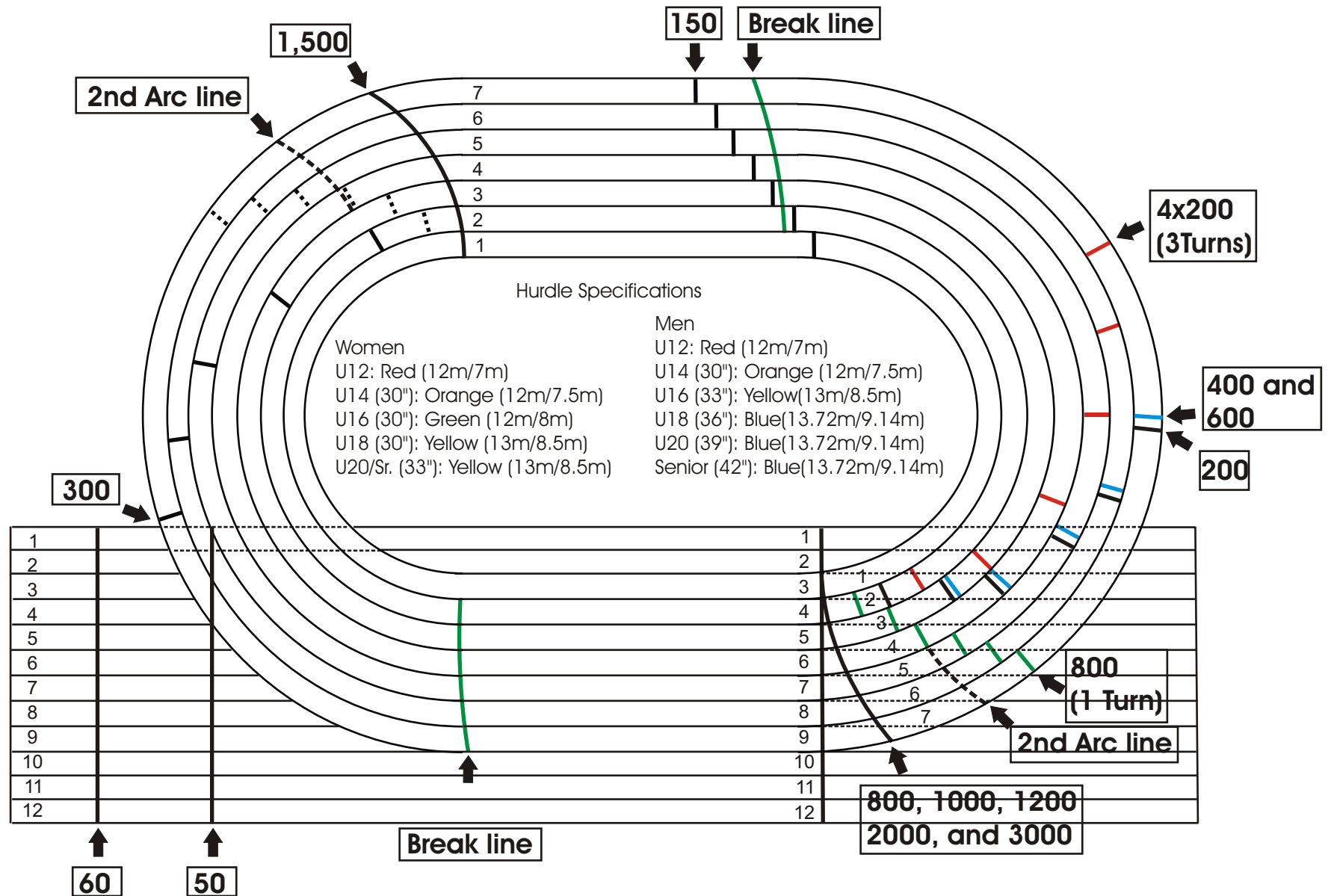
4 x 400m Relay White/**blue**/white start line with a two turn cut-in.

4 x 800m Relay White/**green**/white with a one turn cut-in.

4 x 100m Relay Use white/**blue**/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight, 2nd & 3rd exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

Butterdome Start Lines and Break Line Diagram



Athlete Name: _____

Gender: _____

Bib Number: _____

Team/Club: _____

Date of Birth: _____

Coach Signature: _____

Scratch	Add	Heat/Flight	Lane
<input type="checkbox"/>	<input type="checkbox"/>	60m	
<input type="checkbox"/>	<input type="checkbox"/>	200m	
<input type="checkbox"/>	<input type="checkbox"/>	300m	
<input type="checkbox"/>	<input type="checkbox"/>	400m	
<input type="checkbox"/>	<input type="checkbox"/>	600m	
<input type="checkbox"/>	<input type="checkbox"/>	800m	
<input type="checkbox"/>	<input type="checkbox"/>	1000m	
<input type="checkbox"/>	<input type="checkbox"/>	1200m	
<input type="checkbox"/>	<input type="checkbox"/>	1500m	
<input type="checkbox"/>	<input type="checkbox"/>	2000m	
<input type="checkbox"/>	<input type="checkbox"/>	3000m	
<input type="checkbox"/>	<input type="checkbox"/>	60m Hurdles	

Scratch	Add	Heat/Flight	Lane
<input type="checkbox"/>	<input type="checkbox"/>	Race Walk	
<input type="checkbox"/>	<input type="checkbox"/>	Long Jump	
<input type="checkbox"/>	<input type="checkbox"/>	Triple Jump	
<input type="checkbox"/>	<input type="checkbox"/>	High Jump	
<input type="checkbox"/>	<input type="checkbox"/>	Pole Vault	
<input type="checkbox"/>	<input type="checkbox"/>	Shot Put	
<input type="checkbox"/>	<input type="checkbox"/>	Weight Throw	
<input type="checkbox"/>	<input type="checkbox"/>	Tetrathlon	
<input type="checkbox"/>	<input type="checkbox"/>	Triathlon	

Late entries must be approved by Meet Director.

Results Signature: _____

Athlete Name: _____

Gender: _____

Bib Number: _____

Team/Club: _____

Date of Birth: _____

Coach Signature: _____

Scratch	Add	Heat/Flight	Lane
<input type="checkbox"/>	<input type="checkbox"/>	60m	
<input type="checkbox"/>	<input type="checkbox"/>	200m	
<input type="checkbox"/>	<input type="checkbox"/>	300m	
<input type="checkbox"/>	<input type="checkbox"/>	400m	
<input type="checkbox"/>	<input type="checkbox"/>	600m	
<input type="checkbox"/>	<input type="checkbox"/>	800m	
<input type="checkbox"/>	<input type="checkbox"/>	1000m	
<input type="checkbox"/>	<input type="checkbox"/>	1200m	
<input type="checkbox"/>	<input type="checkbox"/>	1500m	
<input type="checkbox"/>	<input type="checkbox"/>	2000m	
<input type="checkbox"/>	<input type="checkbox"/>	3000m	
<input type="checkbox"/>	<input type="checkbox"/>	60m Hurdles	

Scratch	Add	Heat/Flight	Lane
<input type="checkbox"/>	<input type="checkbox"/>	Race Walk	
<input type="checkbox"/>	<input type="checkbox"/>	Long Jump	
<input type="checkbox"/>	<input type="checkbox"/>	Triple Jump	
<input type="checkbox"/>	<input type="checkbox"/>	High Jump	
<input type="checkbox"/>	<input type="checkbox"/>	Pole Vault	
<input type="checkbox"/>	<input type="checkbox"/>	Shot Put	
<input type="checkbox"/>	<input type="checkbox"/>	Weight Throw	
<input type="checkbox"/>	<input type="checkbox"/>	Tetrathlon	
<input type="checkbox"/>	<input type="checkbox"/>	Triathlon	

Late entries must be approved by Meet Director.

Results Signature: _____

Alberta Indoor Track and Field Championships

Track Schedule (as of February 29 2055h)



This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, March 2, 2024

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be at Start Line Before	Advancement or Note
09:00	150m Triathlon - Under-14 Girls	19	7	3	2:40	8:00	08:40	08:45	
09:08						4:00		08:53	
09:12	60m Heats - Under-18 Women	52	10	6	3:00	18:00	08:52	08:57	Top 3 + 9 going to 3 races (27)
09:30	60m Tetrathlon - Under-14 Boys	26	10	3	2:30	7:30	09:10	09:15	
09:37	60m Tetrathlon - Under-12 Girls	23	10	3	2:30	7:30	09:17	09:22	
09:45	60m Tetrathlon - Under-12 Boys	25	10	3	2:30	7:30	09:25	09:30	
09:52	60m Tetrathlon - Under-10 Girls	6	10	1	2:30	2:30	09:32	09:37	
09:55	60m Tetrathlon - Under-10 Boys	3	10	1	2:30	2:30	09:35	09:40	
09:57	60m Heats - Masters Men	18	10	2	3:00	6:00	09:37	09:42	Top 3 + 3 going to 1 race (9)
10:03	60m Heats - Under-16 Men	27	10	3	3:00	9:00	09:43	09:48	Top 3 + 7 going to 2 races (16)
10:12	60m Heats - Under-16 Women	52	10	6	3:00	18:00	09:52	09:57	Top 3 + 9 going to 3 races (27)
10:30	60m Heats - Under-18 Men	46	10	5	3:00	15:00	10:10	10:15	Top 3 + 9 going to 3 races (24)
10:45	60m Heats - Under-20 Men	37	10	4	3:00	12:00	10:25	10:30	Top 3 + 8 going to 2 races (20)
10:57	60m Heats - Under-20 Women	29	10	3	3:00	9:00	10:37	10:42	Top 3 + 7 going to 2 races (16)
11:06	60m Heats - Senior Men	31	10	4	3:00	12:00	10:46	10:51	Top 3 + 4 going to 2 races (16)
11:18	60m Heats - Senior Women	10	9	2	3:00	6:00	10:58	11:03	Top 3 + 2 going to 1 race (8)
11:24						4:00			
11:30	3000m Timed Finals - Under-18/Masters Men	24	13	2	13:00	26:00	11:10	11:15	
11:56	3000m Timed Finals - Under-20 Men	8	13	1	13:00	13:00	11:36	11:41	
12:09	3000m Timed Finals - Senior Men	11	13	1	12:00	12:00	11:49	11:54	
12:21	BREAK					34:00			
12:55	1000m Triathlon - Under-14 Girls	19	15	2	5:30	11:00	12:35	12:40	
13:06	600m Tetrathlon - Under-14 Boys	26	15	2	4:30	9:00	12:46	12:51	
13:15						4:00			
13:20	300m Tetrathlon - Under-10 Boys	3	13	1	4:00	4:00	13:00	13:05	Waterfall start
13:24	300m Tetrathlon - Under-10 Girls	6	13	1	4:00	4:00	13:04	13:09	Waterfall start
13:28	300m Tetrathlon - Under-12 Boys	25	13	2	3:30	7:00	13:08	13:13	Waterfall start
13:35	300m Tetrathlon - Under-12 Girls	23	13	2	3:35	7:10	13:15	13:20	Waterfall start
13:42	1500m Race Walk Under-16 Women	2	13	1	15:00	15:00	13:22	13:27	
13:57	3000m Race Walk Masters Women/Men	5	13	1	22:00	22:00	13:37	13:42	
14:19	3000m Timed Finals - Under-18/Masters Womer	17	13	2	15:00	30:00	13:59	14:04	
14:49	3000m Timed Finals - Under-20/Senior Women	12	13	1	15:00	15:00	14:29	14:34	
15:04	2000m Timed Finals - Under-16 Men	21	13	2	9:00	18:00	14:44	14:49	
15:22	2000m Timed Finals - Under-16 Women	14	13	2	9:30	19:00	15:02	15:07	
15:41						4:00			
15:50	60m Timed Final - Masters Women	5	10	1	3:15	3:15	15:30	15:35	
15:53	60m Final - Masters Men	Full	9	9	1	3:15	15:33	15:38	
15:56	60m Final - Under-16 Men	16	8	2	3:15	6:30	15:36	15:41	
16:03	60m Final - Under-16 Women	27	9	3	3:15	9:45	15:43	15:48	
16:12	60m Final - Under-18 Men	24	8	3	3:15	9:45	15:52	15:57	
16:22	60m Final - Under-18 Women	27	9	3	3:15	9:45	16:02	16:07	
16:32	60m Final - Under-20 Men	20	10	2	3:15	6:30	16:12	16:17	
16:38	60m Final - Under-20 Women	16	8	2	3:15	6:30	16:18	16:23	

Alberta Indoor Track and Field Championships

Track Schedule (as of February 29 2055h)



This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, March 2, 2024

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be at Start Line Before	Advancement or Note
16:45	60m Final - Senior Men	16	8	2	3:15	6:30	16:25	16:30	
16:51	60m Final - Senior Women	Full 8	8	1	3:15	3:15	16:31	16:36	
16:55	60m Timed Final - Paralympic Women	1	10	1	3:15	3:15	16:35	16:40	
16:58	60m Timed Final - Paralympic Men	4	10	1	3:15	3:15	16:38	16:43	
17:01	60m Timed Final - Wheelchair Women	2	10	1	3:15	3:15	16:41	16:46	
17:04	60m Timed Final - Wheelchair Men	2	10	1	3:15	3:15	16:44	16:49	
17:08						4:00			
17:15	300m Timed Finals - Under-16 Men	11	6	2	3:35	7:10	16:55	17:00	
17:22	300m Timed Finals - Under-16 Women	29	6	5	3:35	17:55	17:02	17:07	
17:40	300m Timed Finals - Under-18 Men	32	6	6	3:35	21:30	17:20	17:25	
18:01	300m Timed Finals - Under-18 Women	33	6	6	3:35	21:30	17:41	17:46	
18:23	300m Timed Finals - Under-20 Men	Full 20	5	4	3:35	14:20	18:03	18:08	
18:37	300m Timed Finals - Under-20 Women	16	5	4	3:35	14:20	18:17	18:22	
18:51	300m Timed Finals - Senior Men	16	5	4	3:35	14:20	18:31	18:36	
19:06	300m Timed Finals - Senior Women	14	5	3	3:35	10:45	18:46	18:51	
19:16	300m Timed Finals - Paralympic Men	4	5	1	4:00	4:00	18:56	19:01	
19:20	300m Timed Finals - Wheelchair Men	2	5	1	4:00	4:00	19:00	19:05	
19:24	300m Timed Finals - Wheelchair Women	2	5	1	4:00	4:00	19:04	19:09	
19:28						1:00			
19:30	1000m Timed Finals - Under-18 Men	15	13	2	5:00	10:00	19:10	19:15	
19:40	1000m Timed Finals - Under-20 Men	17	13	2	5:00	10:00	19:20	19:25	
19:50	1000m Timed Finals - Senior Men	17	13	2	5:00	10:00	19:30	19:35	
20:00	1000m Timed Finals - Under-18 Women	18	13	2	5:00	10:00	19:40	19:45	
20:10	1000m Timed Finals - Under-20 Women	14	13	2	5:00	10:00	19:50	19:55	
20:20	1000m Timed Finals - Senior Women	8	13	1	5:00	5:00	20:00	20:05	
20:25	800m Timed Finals - Masters Women/Men	4	13	1	5:00	5:00	20:05	20:10	
20:30	End of Day's Competition			145					

Alberta Indoor Track and Field Championships

Field Schedule (as of March 1 1320h)



Saturday, March 2, 2024

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated time.

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Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)				
10:00	09:35	U18 Women Long Jump Flight 1	13	01:05
11:10	10:45	U18 Women Long Jump Flight 2	13	01:05
12:20	11:55	U18 Women Long Jump Flight 3	12	01:24
13:20	13:20	Break		00:35
14:10	14:00	U20 Women Long Jump Flight 1	5	00:25
14:55	14:30	U20 Women Long Jump Flight 2	12	01:24
16:25	15:55	Senior / U16 / U18 / U20 / Masters Men Triple Jump	10	01:24
17:50	17:20	Masters / Senior / Para Women Long Jump	10	01:24
18:45		End of Day's Competition		

Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long Jump (Wall Pit)				
09:55	09:40	U14 Boys Long Jump Flight 1	13	00:52
10:50	10:35	U14 Boys Long Jump Flight 2	13	00:52
11:40	11:30	U12 Girls Long Jump Flight 1	12	00:48
12:30	12:20	U12 Girls Long Jump Flight 2	11	00:44
13:05	13:05	Break		00:35
14:00	13:45	U12 Boys Long Jump Flight 1	13	00:52
14:50	14:40	U12 Boys Long Jump Flight 2	12	00:48
15:55	15:30	U16 Women Long Jump Flight 1	12	01:00
17:00	16:35	U16 Women Long Jump Flight 2	12	01:24
18:00		End of Day's Competition		

Standing Long Jump (South East Corner)				
10:00	09:55	U10 Girls Standing Long Jump	6	00:10
10:10	10:10	U10 Boys Standing Long Jump	3	00:05
10:20		End of Day's Competition		

High Jump (Centre Mat)				
09:30	09:10	U14 Girls	19	01:25
11:00	10:40	U16 / Masters Men	10	01:50
12:35	12:35	Break		00:35
13:35	13:15	U20 / Senior Men	9	01:30
15:20	14:50	U18 Men	15	02:30
17:25		End of Day's Competition		

Pole Vault				
11:15	10:30	Women > 3.0 metres	10	02:25
13:00	13:00	Break		00:35
14:25	13:40	Women <= 3.0 metres	10	02:25
16:10		End of Day's Competition		

Shot Put and Weight Throw (Centre Circle)				
08:55	08:35	U16 / Senior / Masters Women Weight Throw	10	01:20
10:30	10:00	U18 / U20 Women Weight Throw	16	01:44
11:45	11:45	Break		00:35
12:45	12:25	U16 Men Shot Put	9	01:09
13:55	13:35	U18 / Senior / Para Men Shot Put	11	01:19
15:15	14:55	U20 Men Shot Put	11	01:28
16:50	16:25	Masters Men Shot Put	9	01:21
17:50		End of Day's Competition		

Shot Put (West Circle)				
Note: Efforts will be made to be save time in the U10-U14 shot put competitions. Athletes may be called earlier than the times indicated.				
08:55	08:50	U10 Girls	6	00:21
09:15	09:15	U10 Boys	3	00:10
09:50	09:45	U12 Girls Flight 1	12	00:42
10:35	10:30	U12 Girls Flight 2	11	00:38
11:15	11:10	U12 Boys Flight 1	13	00:45
12:05	12:00	U12 Boys Flight 2	12	00:42
12:45	12:45	Break		00:30
13:30	13:20	Seated Shot Put Men / Women	1	00:22
13:50	13:45	U14 Boys Flight 1	13	00:45
14:40	14:35	U14 Boys Flight 2	13	00:45
15:25		End of Day's Competition		

Alberta Indoor Track and Field Championships

Track Schedule (as of February 29 2055h)



Sunday, March 3, 2024

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Time MST	Track Events		Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be at Start Line Before	Advancement or Note
		Entries							
08:50	150m Timed Finals - Under-14 Boys	Full	14	7	2	2:40	5:20	08:30	08:35
08:55	60m Tetrathlon - Under-14 Girls		37	10	4	2:30	10:00	08:35	08:40
09:05	60m Hurdles Heats - Under-16 Women		11	8	2	5:00	10:00	08:45	08:50
09:15	60m Hurdles Heats - Under-18 Women	Full	24	8	3	5:00	15:00	08:55	09:00
09:30	60m Hurdles Final Under-20/Senior Women	Full	8	8	1	5:00	5:00	09:10	09:15
09:35	60m Hurdles Final - Under-16 Men		6	8	1	5:00	5:00	09:15	09:20
09:40	60m Hurdles Heats - Under-18 Men		12	8	2	5:00	10:00	09:20	09:25
09:50	60m Hurdles Heats - Under-20 Men		9	8	2	5:00	10:00	09:30	09:35
10:00	60m Hurdles Final - Senior Men		4	8	1	5:00	5:00	09:40	09:45
10:05	60m Hurdles Final Masters Women		2	8	1	5:00	5:00	09:45	09:50
10:10	60m Hurdles Final Masters Men		1	8	1	5:00	5:00	09:50	09:55
10:15						3:00			
10:20	400m Timed Finals - Masters Women/Men		3	5	1	5:00	5:00	10:00	10:05
10:25	600m Timed Finals - Under-16 Men	Full	15	5	3	4:30	13:30	10:05	10:10
10:38	600m Timed Finals - Under-16 Women		22	5	5	4:30	22:30	10:18	10:23
11:01	600m Timed Finals - Under-18 Men		13	6	3	4:30	13:30	10:41	10:46
11:14	600m Timed Finals - Under-18 Women		25	6	5	4:30	22:30	10:54	10:59
11:37	600m Timed Finals - Under-20 Men		16	5	4	4:30	18:00	11:17	11:22
11:55	600m Timed Finals - Under-20 Women		12	5	3	4:30	13:30	11:35	11:40
12:08	600m Timed Finals - Senior Men	Full	20	5	4	4:30	18:00	11:48	11:53
12:26	600m Timed Finals - Senior Women		11	5	3	4:30	13:30	12:06	12:11
12:40	1000m Triathlon - Under-14 Boys		14	15	1	5:30	5:30	12:20	12:25
12:45	600m Tetrathlon - Under-14 Girls		37	15	3	4:30	13:30	12:25	12:30
12:59	BREAK					35:00			
13:35	60m Hurdles Final - Under-16 Women	Full	8	8	1	5:00	5:00	13:15	13:20
13:40	60m Hurdles Final - Under-18 Women	Full	8	8	1	5:00	5:00	13:20	13:25
13:45	60m Hurdles Final - Under-18 Men	Full	8	8	1	5:00	5:00	13:25	13:30
13:50	60m Hurdles Final - Under-20 Men		6	8	1	5:00	5:00	13:30	13:35
13:55						2:00			
14:00	1500m Timed Finals - Under-18 Women		17	13	2	8:00	16:00	13:40	13:45
14:16	1500m Timed Finals - Under-20 Women	Full	13	13	1	8:00	8:00	13:56	14:01
14:24	1500m Timed Finals - Senior/Masters Women		8	13	1	8:00	8:00	14:04	14:09
14:32	1500m Timed Finals - U18/Masters Men		27	13	3	8:00	24:00	14:12	14:17
14:56	1500m Timed Finals - Under-20 Men	Full	13	13	1	8:00	8:00	14:36	14:41
15:04	1500m Timed Finals - Senior Men		14	13	2	8:00	16:00	14:44	14:49
15:20	1200m Timed Finals - Under-16 Men		19	13	2	5:00	10:00	15:00	15:05

Alberta Indoor Track and Field Championships

Track Schedule (as of February 29 2055h)



Sunday, March 3, 2024

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be at Start Line Before	Advancement or Note
15:30	1200m Timed Finals - Under-16 Women	15	13	2	5:00	10:00	15:10	15:15	
15:40	200m Timed Finals - Masters Men/Women	14	5	3	3:30	10:30	15:20	15:25	Lanes 1-5
15:50	200m Timed Finals - U16 Men Full	20	5	4	3:30	14:00	15:30	15:35	Lanes 1-5
16:04	200m Timed Finals - U18 Men	37	6	7	3:30	24:30	15:44	15:49	Lanes 2-7
16:29	200m Timed Finals - U18 Women	41	6	7	3:30	24:30	16:09	16:14	Lanes 2-7
16:53	200m Timed Finals - U16 Women	53	6	9	3:30	31:30	16:33	16:38	Lanes 2-7
17:25	200m Timed Finals - U20 Men	21	6	4	3:30	14:00	17:05	17:10	Lanes 2-7
17:39	200m Timed Finals - U20 Women	13	6	3	3:30	10:30	17:19	17:24	Lanes 2-7
17:49	200m Timed Finals - Senior Men	9	6	2	3:30	7:00	17:29	17:34	Lanes 2-7
17:56	200m Timed Finals - Senior Women	10	6	2	3:30	7:00	17:36	17:41	Lanes 2-7
18:03	End of Day's Competition			114					

Alberta Indoor Track and Field Championships

Field Schedule (as of February 29 2220h)



Sunday, March 3, 2024

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening.

This finalized version of the schedule should be obtained from <http://www.ellistiming.ca/AITFC/>.

Athletes should be in the Pavilion at least one hour before the indicated time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Event Start Time MST	Warm- Up Start Time	Field Events	Entries	Expected Total Time H:MM	Event Start Time MST	Warm- Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)					Long Jump (Wall Pit)				
09:20	08:50	U16 Men Long Jump	15	01:39	09:30	09:10	U14 Girls Flight 1	19	01:01
11:05	10:30	U16 / U18 / Masters Women Triple Jump	17	01:49	10:35	10:15	U14 Girls Flight 2	18	00:58
12:20	12:20	Break		00:35	11:15	11:15	Break		00:35
13:15	13:00	U20 / Senior Women Triple Jump	7	00:56	13:05	12:45	Senior / Masters Men	7	01:03
14:40	14:00	U18 Men Long Jump (Flight 1, 2)	20	02:04	14:10	13:50	U20 Men Long Jump	11	01:19
16:05		End of Day's Competition			15:10		End of Day's Competition		
High Jump (Centre Mat)					Pole Vault				
09:30	09:15	U14 Boys	14	01:04	10:45	10:00	Open Men <= 3.6 metres	13	02:55
10:50	10:20	U16 / Masters Women	15	02:45	13:00	13:00	Break		00:35
13:10	13:10	Break		00:35	14:25	13:40	Open Men > 3.6 metres	4	01:25
14:30	13:50	U18 Women	19	03:10	15:10		End of Day's Competition		
17:10	17:05	U20 / Senior Women	3	00:30					
17:40		End of Day's Competition							
Shot Put and Weight Throw (Centre Circle)					Shot Put (West Circle)				
09:05	08:50	U16 / U18 Men Weight Throw	8	01:04	09:20	09:10	U14 Girls Flight 1	18	01:03
10:15	09:55	Masters Men Weight Throw	6	00:54	10:25	10:15	U14 Girls Flight 2	19	01:06
11:05	10:50	U20 / Senior Men Weight Throw	8	01:04	11:25	11:25	Break		00:35
12:15	11:55	U16 Women Shot Put	9	01:12	12:45	12:05	U18 Women Shot Put Flight 1, 2	19	02:32
13:10	13:10	Break		00:35	14:40		End of Day's Competition		
14:15	13:50	U20 / Senior Women Shot Put	12	01:24					
15:40	15:15	Masters / Para Women	8	01:12					
16:30		End of Day's Competition							