

Session: 1 Thursday Track  
Day 1 - Thursday 14/03/2024 - Starts at 11:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
11:00 AM	#117 Women 300 Metre Hurdles 0.762m Under 16	Heat 1
11:07 AM	#117 Women 300 Metre Hurdles 0.762m Under 16	Heat 2
11:15 AM	#1 Women 100 Metre Under 16	Heat 1
11:20 AM	#1 Women 100 Metre Under 16	Heat 2
11:25 AM	#1 Women 100 Metre Under 16	Heat 3
11:30 AM	#2 Men 100 Metre Under 16	Heat 1
11:35 AM	#2 Men 100 Metre Under 16	Heat 2
11:42 AM	#3 Women 100 Metre Under 18	Heat 1
11:47 AM	#3 Women 100 Metre Under 18	Heat 2
11:52 AM	#3 Women 100 Metre Under 18	Heat 3
12:00 PM	#4 Men 100 Metre Under 18	Heat 1
12:05 PM	#4 Men 100 Metre Under 18	Heat 2
12:10 PM	#4 Men 100 Metre Under 18	Heat 3
12:15 PM	#19P Women 100 Metre Para	Finals
12:25 PM	#20P Men 100 Metre Para	Finals
12:35 PM	#63 Women 800 Metre Under 18	Heat 1
12:40 PM	#63 Women 800 Metre Under 18	Heat 2
12:45 PM	#64 Men 800 Metre Under 18	Heat 1
12:53 PM	#64 Men 800 Metre Under 18	Heat 2
1:01 PM	#64 Men 800 Metre Under 18	Heat 3
1:45 PM	#117 Women 300 Metre Hurdles 0.762m Under 16	Finals
1:52 PM	#118 Men 300 Metre Hurdles 0.762m Under 16	Finals
1:59 PM	#119 Women 300 Metre Hurdles 0.762m Under 18	Finals
2:06 PM	#120 Men 300 Metre Hurdles 0.838m Under 18	Finals
2:15 PM	#1 Women 100 Metre Under 16	Finals
2:25 PM	#2 Men 100 Metre Under 16	Finals
2:35 PM	#3 Women 100 Metre Under 18	Finals
2:45 PM	#4 Men 100 Metre Under 18	Finals
3:05 PM	#103 Women 3000 Metre Under 18	Finals
3:25 PM	#104 Men 3000 Metre Under 18	Finals
3:45 PM	#101 Women 3000 Metre Under 16	Finals
4:00 PM	#102 Men 3000 Metre Under 16	Finals
4:20 PM	#66 Men 800 Metre Under 20	Heat 1
4:28 PM	#66 Men 800 Metre Under 20	Heat 2
4:40 PM	#147 Women 4x100 Metre Relay Under 16	Finals
5:00 PM	#148 Men 4x100 Metre Relay Under 16	Finals
5:25 PM	#149 Women 4x100 Metre Relay Under 18	Finals
5:50 PM	#150 Men 4x100 Metre Relay Under 18	Finals
6:20 PM	#105 Women 5000 Metre Under 20	Finals
6:40 PM	#106 Men 5000 Metre Under 20	Finals
7:00 PM	#107 Women 5000 Metre Senior	Finals
7:20 PM	#108 Men 5000 Metre Senior	Finals

Session: 2 Thursday Field  
Day 1 - Thursday 14/03/2024 - Starts at 11:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
11:00 AM	#230 Women Discus Under 18	Finals
11:00 AM	#186 Women Long Jump Under 16	Division 1
12:15 PM	#186 Women Long Jump Under 16	Division 2
12:30 PM	#208 Women Shot Put Under 16	Finals
12:45 PM	#233 Men Discus Under 20	Finals
1:00 PM	#164 Women High Jump Under 16	Finals
1:30 PM	#204 Women Triple Jump Under 20	Finals
2:00 PM	#252 Women Javelin Under 20	Finals
2:10 PM	#209 Men Shot Put Under 16	Finals
3:00 PM	#180 Women Pole Vault Under 18	Finals
3:00 PM	#178 Women Pole Vault Under 16	Finals
3:00 PM	#186 Women Long Jump Under 16	Finals
3:15 PM	#165 Men High Jump Under 16	Finals
3:45 PM	#251 Men Javelin Under 18	Finals
4:45 PM	#273 Men Hammer Under 20	Finals
5:00 PM	#187 Men Long Jump Under 16	Finals
6:00 PM	#268 Women Hammer Under 16	Finals

Session: 3 Friday Track  
Day 2 - Friday 15/03/2024 - Starts at 10:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
10:00 AM	#139 Women 3000 Metre Race Walk Senior	Finals
10:00 AM	#137 Women 3000 Metre Race Walk Under 20	Finals
10:00 AM	#135 Women 3000 Metre Race Walk Under 18	Finals
10:00 AM	#133 Women 3000 Metre Race Walk Under 16	Finals
10:00 AM	#140 Men 3000 Metre Race Walk Senior	Finals
10:00 AM	#138 Men 3000 Metre Race Walk Under 20	Finals
10:00 AM	#136 Men 3000 Metre Race Walk Under 18	Finals
10:35 AM	#21 Women 200 Metre Under 16	Heat 1
10:40 AM	#21 Women 200 Metre Under 16	Heat 2
10:45 AM	#21 Women 200 Metre Under 16	Heat 3
10:50 AM	#22 Men 200 Metre Under 16	Heat 1
10:55 AM	#22 Men 200 Metre Under 16	Heat 2
11:00 AM	#23 Women 200 Metre Under 18	Heat 1
11:05 AM	#23 Women 200 Metre Under 18	Heat 2
11:10 AM	#23 Women 200 Metre Under 18	Heat 3
11:15 AM	#24 Men 200 Metre Under 18	Heat 1
11:20 AM	#24 Men 200 Metre Under 18	Heat 2
11:25 AM	#24 Men 200 Metre Under 18	Heat 3
11:30 AM	#5 Women 100 Metre Under 20	Heat 1
11:35 AM	#5 Women 100 Metre Under 20	Heat 2
11:45 AM	#6 Men 100 Metre Under 20	Heat 1
11:50 AM	#6 Men 100 Metre Under 20	Heat 2
11:55 AM	#8 Men 100 Metre Senior	Heat 1
12:00 PM	#8 Men 100 Metre Senior	Heat 2
12:05 PM	#8 Men 100 Metre Senior	Heat 3
12:10 PM	#59P Women 400 Metre Para	Finals
12:20 PM	#60P Men 400 Metre Para	Finals
1:15 PM	#61 Women 800 Metre Under 16	Heat 1
1:20 PM	#61 Women 800 Metre Under 16	Heat 2
1:25 PM	#62 Men 800 Metre Under 16	Heat 1
1:30 PM	#62 Men 800 Metre Under 16	Heat 2
1:35 PM	#63 Women 800 Metre Under 18	Finals
1:45 PM	#64 Men 800 Metre Under 18	Finals
2:00 PM	#125 Women 2000 Metre Steeplechase 0.762m Under 16	Finals
2:15 PM	#126 Men 2000 Metre Steeplechase 0.762m Under 16	Finals
2:30 PM	#127 Women 2000 Metre Steeplechase 0.762m Under 18	Finals
2:45 PM	#128 Men 2000 Metre Steeplechase 0.838m Under 18	Finals
3:05 PM	#121 Women 400 Metre Hurdles 0.762m Under 20	Finals
3:10 PM	#122 Women 400 Metre Hurdles 0.762m Senior	Finals
3:25 PM	#123 Men 400 Metre Hurdles 0.914m Under 20	Finals
3:35 PM	#124 Men 400 Metre Hurdles 0.914m Senior	Finals
3:45 PM	#21 Women 200 Metre Under 16	Finals
3:55 PM	#22 Men 200 Metre Under 16	Finals
4:05 PM	#23 Women 200 Metre Under 18	Finals
4:15 PM	#24 Men 200 Metre Under 18	Finals
4:30 PM	#129 Women 3000 Metre Steeplechase 0.762m Under 20	Finals
4:45 PM	#130 Women 3000 Metre Steeplechase 0.762m Senior	Finals
5:00 PM	#5 Women 100 Metre Under 20	Finals
5:10 PM	#6 Men 100 Metre Under 20	Finals
5:20 PM	#7 Women 100 Metre Senior	Finals
5:30 PM	#8 Men 100 Metre Senior	Finals
5:40 PM	#156 Women 4x400 Metre Relay Under 16	Finals

5:50 PM	#157	Men 4x400 Metre Relay Under 16	Finals
6:00 PM	#131	Men 3000 Metre Steeplechase 0.914m Under 20	Finals
6:15 PM	#132	Men 3000 Metre Steeplechase 0.914m Senior	Finals
6:30 PM	#65	Women 800 Metre Under 20	Finals
6:40 PM	#66	Men 800 Metre Under 20	Finals
6:50 PM	#67	Women 800 Metre Senior	Finals
7:00 PM	#68	Men 800 Metre Senior	Finals

Session: 4 Friday Field  
Day 2 - Friday 15/03/2024 - Starts at 10:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
10:00 AM	#189 Men Long Jump Under 18	Finals
10:00 AM	#228 Women Discus Under 16	Finals
10:30 AM	#169 Men High Jump Under 20	Finals
10:45 AM	#210 Women Shot Put Under 18	Finals
11:00 AM	#231 Men Discus Under 18	Finals
11:45 AM	#201 Men Triple Jump Under 16	Finals
12:10 PM	#253 Men Javelin Under 20	Finals
1:00 PM	#232 Women Discus Under 20	Finals
2:00 PM	#181 Men Pole Vault Under 18	Finals
2:00 PM	#179 Men Pole Vault Under 16	Finals
3:00 PM	#205 Men Triple Jump Under 20	Finals
3:00 PM	#249 Men Javelin Under 16	Finals
3:45 PM	#168 Women High Jump Under 20	Finals
4:00 PM	#211 Men Shot Put Under 18	Finals
4:10 PM	#272 Women Hammer Under 20	Finals
5:30 PM	#214 Women Shot Put Senior	Finals
5:30 PM	#193 Men Long Jump Senior	Finals
5:45 PM	#275 Men Hammer Senior	Finals

Session: 5 Saturday Track  
Day 3 - Saturday 16/03/2024 - Starts at 09:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
9:00 AM	#81 Women 1500 Metre Under 16	Finals
9:10 AM	#82 Men 1500 Metre Under 16	Finals
9:20 AM	#83 Women 1500 Metre Under 18	Finals
9:40 AM	#84 Men 1500 Metre Under 18	Finals
9:55 AM	#41 Women 400 Metre Under 16	Heat 1
10:02 AM	#41 Women 400 Metre Under 16	Heat 2
10:10 AM	#43 Women 400 Metre Under 18	Heat 1
10:17 AM	#43 Women 400 Metre Under 18	Heat 2
10:25 AM	#44 Men 400 Metre Under 18	Heat 1
10:34 AM	#44 Men 400 Metre Under 18	Heat 2
10:40 AM	#45 Women 400 Metre Under 20	Heat 1
10:47 AM	#45 Women 400 Metre Under 20	Heat 2
10:55 AM	#46 Men 400 Metre Under 20	Heat 1
11:02 AM	#46 Men 400 Metre Under 20	Heat 2
11:10 AM	#47 Women 400 Metre Senior	Heat 1
11:17 AM	#47 Women 400 Metre Senior	Heat 2
11:25 AM	#48 Men 400 Metre Senior	Heat 1
11:35 AM	#48 Men 400 Metre Senior	Heat 2
11:50 AM	#151 Women 4x100 Metre Relay Under 20	Heats
12:05 PM	#152 Men 4x100 Metre Relay Under 20	Heats
12:20 PM	#153 Women 4x100 Metre Relay Senior	Heats
12:35 PM	#154 Men 4x100 Metre Relay Senior	Heats
1:30 PM	#109 Women 80 Metre Hurdles 0.762m Under 16	Heat 1
1:37 PM	#109 Women 80 Metre Hurdles 0.762m Under 16	Heat 2
1:42 PM	#109 Women 80 Metre Hurdles 0.762m Under 16	Heat 3
1:55 PM	#85 Women 1500 Metre Under 20	Heat 1
2:02 PM	#85 Women 1500 Metre Under 20	Heat 2
2:10 PM	#86 Men 1500 Metre Under 20	Heat 1
2:17 PM	#86 Men 1500 Metre Under 20	Heat 2
2:25 PM	#109 Women 80 Metre Hurdles 0.762m Under 16	Finals
2:31 PM	#110 Women 100 Metre Hurdles 0.762m Under 18	Finals
2:40 PM	#111 Men 100 Metre Hurdles 0.838m Under 16	Finals
2:50 PM	#114 Men 110 Metre Hurdles 0.914m Under 18	Finals
3:05 PM	#45 Women 400 Metre Under 20	Finals
3:15 PM	#46 Men 400 Metre Under 20	Finals
3:25 PM	#47 Women 400 Metre Senior	Finals
3:35 PM	#48 Men 400 Metre Senior	Finals
3:40 PM	#87 Women 1500 Metre Senior	Heats
3:55 PM	#88 Men 1500 Metre Senior	Heat 1
4:02 PM	#88 Men 1500 Metre Senior	Heat 2
4:10 PM	#41 Women 400 Metre Under 16	Finals
4:20 PM	#42 Men 400 Metre Under 16	Finals
4:30 PM	#43 Women 400 Metre Under 18	Finals
4:40 PM	#44 Men 400 Metre Under 18	Finals
4:50 PM	#155 Mixed 4x100 Metre Relay Para	Finals
5:00 PM	#151 Women 4x100 Metre Relay Under 20	Finals
5:10 PM	#152 Men 4x100 Metre Relay Under 20	Finals
5:20 PM	#153 Women 4x100 Metre Relay Senior	Finals
5:30 PM	#154 Men 4x100 Metre Relay Senior	Finals

Session: 6 Saturday Field  
Day 3 - Saturday 16/03/2024 - Starts at 09:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
9:00 AM	#188 Women Long Jump Under 18	Finals
9:00 AM	#229 Men Discus Under 16	Finals
9:05 AM	#226P Women Shot Put Para	Finals
10:00 AM	#183 Men Pole Vault Under 20	Finals
10:35 AM	#234 Women Discus Senior	Finals
10:35 AM	#203 Men Triple Jump Under 18	Finals
11:45 AM	#247P Men Discus Para	Finals
12:00 PM	#207 Men Triple Jump Senior	Finals
12:50 PM	#270 Women Hammer Under 18	Finals
12:50 PM	#269 Men Hammer Under 16	Finals
1:00 PM	#167 Men High Jump Under 18	Finals
1:15 PM	#212 Women Shot Put Under 20	Finals
1:30 PM	#191 Men Long Jump Under 20	Finals
2:00 PM	#184 Women Pole Vault Senior	Finals
2:20 PM	#200 Women Triple Jump Under 16	Finals
2:25 PM	#254 Women Javelin Senior	Finals
3:00 PM	#171 Men High Jump Senior	Finals
3:45 PM	#215 Men Shot Put Senior	Finals
4:00 PM	#192 Women Long Jump Senior	Finals
4:10 PM	#250 Women Javelin Under 18	Finals
4:10 PM	#248 Women Javelin Under 16	Finals
5:00 PM	#267P Men Javelin Para	Finals
9:00 PM	#266P Women Javelin Para	Finals

Session: 7 Sunday Track  
Day 4 - Sunday 17/03/2024 - Starts at 09:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
9:00 AM	#145 Women 10000 Metre Race Walk Senior	Finals
9:00 AM	#143 Women 10000 Metre Race Walk Under 20	Finals
9:00 AM	#146 Men 10000 Metre Race Walk Senior	Finals
9:00 AM	#144 Men 10000 Metre Race Walk Under 20	Finals
9:00 AM	#141 Women 5000 Metre Race Walk Under 18	Finals
9:00 AM	#142 Men 5000 Metre Race Walk Under 18	Finals
10:20 AM	#116 Men 110 Metre Hurdles 1.067m Senior	Heat 1
10:27 AM	#116 Men 110 Metre Hurdles 1.067m Senior	Heat 2
10:40 AM	#25 Women 200 Metre Under 20	Heat 1
10:47 AM	#25 Women 200 Metre Under 20	Heat 2
10:55 AM	#26 Men 200 Metre Under 20	Heat 1
11:00 AM	#26 Men 200 Metre Under 20	Heat 2
11:05 AM	#26 Men 200 Metre Under 20	Heat 3
11:10 AM	#27 Women 200 Metre Senior	Heat 1
11:17 AM	#27 Women 200 Metre Senior	Heat 2
11:25 AM	#28 Men 200 Metre Senior	Heat 1
11:30 AM	#28 Men 200 Metre Senior	Heat 2
11:35 AM	#28 Men 200 Metre Senior	Heat 3
11:40 PM	#85 Women 1500 Metre Under 20	Finals
11:50 PM	#86 Men 1500 Metre Under 20	Finals
12:00 PM	#39P Women 200 Metre Para	Finals
12:10 PM	#40P Men 200 Metre Para	Finals
12:25 PM	#87 Women 1500 Metre Senior	Finals
12:35 PM	#88 Men 1500 Metre Senior	Finals
1:10 PM	#112 Women 100 Metre Hurdles 0.838m Under 20	Finals
1:20 PM	#113 Women 100 Metre Hurdles 0.838m Senior	Finals
1:30 PM	#115 Men 110 Metre Hurdles 0.991m Under 20	Finals
1:40 PM	#116 Men 110 Metre Hurdles 1.067m Senior	Finals
1:50 PM	#25 Women 200 Metre Under 20	Finals
1:58 PM	#26 Men 200 Metre Under 20	Finals
2:06 PM	#27 Women 200 Metre Senior	Finals
2:12 PM	#28 Men 200 Metre Senior	Finals
2:20 PM	#158 Women 4x400 Metre Relay Under 18	Finals
2:30 PM	#159 Men 4x400 Metre Relay Under 18	Finals
2:40 PM	#160 Women 4x400 Metre Relay Under 20	Finals
2:50 PM	#161 Men 4x400 Metre Relay Under 20	Finals
3:00 PM	#162 Women 4x400 Metre Relay Senior	Finals
3:10 PM	#163 Men 4x400 Metre Relay Senior	Finals



Session: 8 Sunday Field  
Day 4 - Sunday 17/03/2024 - Starts at 09:00 AM

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
9:00 AM	#202 Women Triple Jump Under 18	Finals
9:15 AM	#235 Men Discus Senior	Finals
9:10 AM	#227P Men Shot Put Para	Finals
10:00 AM	#182 Women Pole Vault Under 20	Finals
10:20 AM	#206 Women Triple Jump Senior	Finals
10:15 AM	#166 Women High Jump Under 18	Finals
10:30 AM	#213 Men Shot Put Under 20	Finals
10:30 AM	#274 Women Hammer Senior	Finals
11:25 AM	#199P Men Long Jump Para	Finals
11:25 AM	#198P Women Long Jump Para	Finals
11:30 AM	#246P Women Discus Para	Finals
12:30 PM	#271 Men Hammer Under 18	Finals
1:00 PM	#190 Women Long Jump Under 20	Finals
1:00 PM	#170 Women High Jump Senior	Finals
1:30 PM	#185 Men Pole Vault Senior	Finals
2:00 PM	#255 Men Javelin Senior	Finals