



Programme Day 1 Friday 11 January 2019

Time	Event No	Event	Round	Heats/Div
9:30 AM	101	Boys Long Jump Grade 8 Div, 1,2,3,4	Finals	LJ 2 7
9:30 AM	102	Girls Long Jump Grade 12 Div 1	Finals	LJ 1 3
9:30 AM	103	Boys High Jump Grade 12	Finals	1
9:30 AM	104	Boys Discus Throw Grade 10 Div 1	Finals	DT 1 2
9:30 AM	105	Boys Shot Put Grade 14	Finals	SP 1 1
9:30 AM	106	Girls 800 Metre Run Grade 11	Heats	2
9:40 AM	107	Girls 400 Metre Sprint Grade 12	Heats	5
9:50 AM	108	Girls 400 Metre Sprint Grade 13	Heats	3
9:55 AM	101	Boys Long Jump Grade 8 Div 5,6,7	Finals	LJ 2 7
9:55 AM	102	Girls Long Jump Grade 12 Div 2	Finals	LJ 1 3
9:55 AM	104	Boys Discus Throw Grade 10 Div 2	Finals	DT 1 2
9:56 AM	109	Girls 400 Metre Sprint Grade 14	Heats	3
10:10 AM	110	Girls 200 Metre Sprint Grade 10	Heats	3
10:20 AM	111	Girls 200 Metre Sprint Grade 11	Heats	5
10:30 AM	112	Boys 400 Metre Sprint Grade 14	Heats	4
10:30 AM	102	Girls Long Jump Grade 12 Div 3	Finals	LJ 1 3
10:30 AM	113	Boys Discus Throw Grade 7	Finals	DT 1 4
10:30 AM	114	Girls Shot Put Grade 9 Div 1,2,3	Finals	SP 2 5
10:40 AM	115	Boys 400 Metre Sprint Grade 13	Heats	3
10:50 AM	116	Boys 400 Metre Sprint Grade 12	Heats	4
10:50 AM	114	Girls Shot Put Grade 9 Div 5,6	Finals	SP 2 5
11:00 AM	117	Boys 100 Metre Sprint Grade 10	Heats	5
11:00 AM	118	Girls Long Jump Grade 8 Div 1,2,3	Finals	LJ 2 6
11:10 AM	119	Boys 100 Metre Sprint Grade 11	Heats	5
11:15 AM	120	Girls Long Jump Grade 13 Div 1	Finals	LJ 1 2
11:20 AM	121	Mixed 15+ 100 Metre Sprint	Finals	1
11:20 AM	118	Girls Long Jump Grade 8 Div 4,5,6	Finals	LJ 2 6
11:25 AM	122	Boys 60 Metre Sprint Grade 9	Finals	5
11:30 AM	123	Girls High Jump Grade 10	Finals	1
11:35 AM	124	Boys 60 Metre Sprint Grade 8	Finals	7
11:45 AM	120	Girls Long Jump Grade 13 Div 2	Finals	LJ 1 2
11:45 AM	125	Boys 60 Metre Sprint Grade 7	Finals	5
11:55 AM	126	Girls 1600 Metre Race Walk Grade 13	Finals	1
11:55 AM	127	Boys 1600 Metre Race Walk Grade 13	Finals	1
12:00 PM	128	Boys Discus Throw Grade 11 Div 1	Finals	DT 1 2
12:10 PM	129	Boys 100 Metre Hurdles Grade 14	Heats	2
12:15 PM	130	Girls 80 Metre Hurdles Grade 14	Heats	3
12:20 PM	131	Girls 80 Metre Hurdles Grade 13	Heats	3
12:25 PM	128	Boys Discus Throw Grade 11 Div 2	Finals	DT 1 2
12:25 PM	132	Girls 80 Metre Hurdles Grade 12	Heats	2
12:30 PM	133	Boys 80 Metre Hurdles Grade 12	Heats	3
12:35 PM	134	Boys 80 Metre Hurdles Grade 13	Heats	2

LUNCH

Time	Event No	Event	Round	Heats/Div
1:00 PM	135	Girls Discus Throw Grade 13 Div 1	Finals	DT 2 2
1:15 PM	136	Girls Shot Put Grade 14	Finals	SP 1 1
1:15 PM	137	Boys Long Jump Grade 14 Div 1	Finals	LJ 2 2
1:15 PM	138	Girls High Jump Grade 11	Finals	2
1:25 PM	135	Girls Discus Throw Grade 13 Div 2	Finals	DT 2 2
1:25 PM	139	Girls 200 Metre Sprint Grade 11	Semis	3
1:30 PM	140	Boys 100 Metre Sprint Grade 10	Semis	3
1:35 PM	141	Boys 100 Metre Sprint Grade 11	Semis	3
1:40 PM	142	Girls 400 Metre Sprint Grade 14	Finals	1
1:43 PM	143	Girls 400 Metre Sprint Grade 12	Finals	1
1:45 PM	137	Boys Long Jump Grade 14 Div 2	Finals	LJ 2 2
1:46 PM	144	Girls 400 Metre Sprint Grade 13	Finals	1
1:49 PM	145	Boys 400 Metre Sprint Grade 12	Finals	1
1:52 PM	146	Boys 400 Metre Sprint Grade 13	Finals	1
1:55 PM	147	Boys 400 Metre Sprint Grade 14	Finals	1
2:00 PM	148	Girls Shot Put Grade 12 Div 1	Finals	SP 2 2
2:05 PM	149	Girls 200 Metre Sprint Grade 7	Finals	4
2:10 PM	150	Boys Discus Throw Grade 12 Div 1	Finals	DT 1 2
2:15 PM	152	Girls Long Jump Grade 14 Div 1	Finals	LJ 1 2
2:15 PM	153	Girls 200 Metre Sprint Grade 8	Finals	4
2:25 PM	148	Girls Shot Put Grade 12 Div 2	Finals	SP 2 2
2:25 PM	154	Girls 200 Metre Sprint Grade 9	Finals	5
2:35 PM	155	Girls Discus Throw Grade 7 Div 1,2,3	Finals	DT 2 6
2:30 PM	150	Boys Discus Throw Grade 12 Div 2	Finals	DT 1 2
2:45 PM	152	Girls Long Jump Grade 14 Div 2	Finals	LJ 1 2
2:45 PM	156	Girls 800 Metre Run Grade 10	Finals	1
2:50 PM	157	Girls 800 Metre Run Grade 11	Finals	1
2:50 PM	158	Boys Shot Put Grade 9 All Div	Finals	SP 1 4
2:50 PM	155	Girls Discus Throw Grade 7 Div 4,5,6	Finals	DT 2 6
2:55 PM	159	Boys 1500 Metre Run Grade 10	Finals	1
3:02 PM	160	Boys 1500 Metre Run Grade 11	Finals	1
3:15 PM	161	Boys High Jump Grade 13	Finals	1
2:15 PM	151	Mixed 15+ Discus Throw	Finals	DT 1 1
3:15 PM	162	Girls 200 Metre Sprint Grade 10	Finals	1
3:20 PM	163	Girls 200 Metre Sprint Grade 11	Finals	1
3:20 PM	164	Girls Shot Put Grade 11	Finals	2
3:25 PM	165	Boys 100 Metre Sprint Grade 10	Finals	1
3:28 PM	166	Boys 100 Metre Sprint Grade 11	Finals	1
3:40 PM	167	Boys 100 Metre Hurdles Grade 14	Finals	1
3:50 PM	168	Boys 80 Metre Hurdles Grade 12	Finals	1
3:53 PM	169	Girls 80 Metre Hurdles Grade 14	Finals	1
3:56 PM	170	Girls 80 Metre Hurdles Grade 13	Finals	1
3:59 PM	171	Girls 80 Metre Hurdles Grade 12	Finals	1
4:02 PM	172	Boys 80 Metre Hurdles Grade 13	Finals	1
4:10 PM	173	Boys 4x100 Metre Relay Grade 10	Heats	2
4:20 PM	174	Boys 4x100 Metre Relay Grade 11	Heats	2
4:30 PM	175	Girls 4x100 Metre Relay Grade 11	Heats	2
4:40 PM	176	Boys 4x100 Metre Relay Grade 7	Finals	1
4:45 PM	177	Boys 4x100 Metre Relay Grade 8	Finals	1
4:50 PM	178	Boys 4x100 Metre Relay Grade 9	Finals	1
5:00 PM	179	Mixed Distance Medley Grade 12	Finals	1
5:10 PM	180	Mixed Distance Medley Grade 13	Finals	1
5:20 PM	181	Mixed Distance Medley Grade 14	Finals	1

Programme Day 2 Saturday 12 January 2019

Time	Event No	Event	Round	Heats/Div
9:00 AM	201	Boys 800 Metre Run Grade 11	Heats	2
9:00 AM	202	Boys Long Jump Grade 9 Div 1,2,3	Finals LJ 2	5
9:00 AM	203	Girls High Jump Grade 13	Finals	1
9:00 AM	204	Boys Discus Throw Grade 8 Div 1,2,3	Finals DT 2	6
9:00 AM	205	Boys Shot Put Grade 7 All Divs	Finals SP 2	4
9:10 AM	206	Boys 800 Metre Run Grade 12	Heats	2
9:20 AM	202	Boys Long Jump Grade 9 Div 5,6	Finals LJ 2	5
9:20 AM	207	Boys 200 Metre Sprint Grade 10	Heats	4
9:25 AM	204	Boys Discus Throw Grade 8 Div 4,5,6	Finals DT 2	6
9:30 AM	208	Boys 200 Metre Sprint Grade 13	Heats	4
9:35 AM	209	Boys Long Jump Grade 10 Div 1	Finals LJ 1	2
9:40 AM	210	Boys 200 Metre Sprint Grade 11	Heats	4
9:50 AM	211	Boys 200 Metre Sprint Grade 12	Heats	4
10:00 AM	212	Boys 200 Metre Sprint Grade 14	Heats	4
10:00 AM	213	Boys Shot Put Grade 13	Finals SP 2	1
10:10 AM	209	Boys Long Jump Grade 10 Div 2	Finals LJ 1	2
10:10 AM	214	Girls 100 Metre Sprint Grade 9	Finals	6
10:10 AM	215	Boys Discus Throw Grade 14	Finals DT 1	1
10:20 AM	216	Girls 100 Metre Sprint Grade 8	Finals	5
10:30 AM	217	Girls 100 Metre Sprint Grade 7	Finals	7
10:40 AM	218	Girls 100 Metre Sprint Grade 10	Heats	6
10:45 AM	219	Girls Long Jump Grade 9 Div 1,2,3	Finals LJ 2	7
10:45 AM	220	Boys High Jump Grade 11	Finals	2
10:50 AM	221	Girls 100 Metre Sprint Grade 11	Heats	5
11:00 AM	222	Girls 100 Metre Sprint Grade 12	Heats	6
11:10 AM	223	Girls 100 Metre Sprint Grade 13	Heats	5
11:20 AM	219	Girls Long Jump Grade 9 Div 4,5,6,7	Finals LJ 2	7
11:20 AM	224	Girls 100 Metre Sprint Grade 14	Heats	4
11:30 AM	225	Girls Discus Throw Grade 8 All Divs	Finals DT 2	4
11:30 AM	226	Girls Long Jump Grade 10 Div 1	Finals LJ 1	3
11:30 AM	227	Boys 200 Metre Sprint Grade 10	Semis	2
11:33 AM	228	Boys 200 Metre Sprint Grade 11	Semis	2
11:36 AM	229	Boys 200 Metre Sprint Grade 12	Semis	2
11:39 AM	230	Boys 200 Metre Sprint Grade 13	Semis	2
11:41 AM	231	Boys 200 Metre Sprint Grade 14	Semis	2
<i>11:44 AM</i>	<i>232</i>	<i>Mixed 15+ 200 Metre Sprint</i>	<i>Finals</i>	<i>1</i>
11:55 AM	226	Girls Long Jump Grade 10 Div 2	Finals LJ 1	3
11:55 AM	233	Girls 1200 Metre Race Walk Grade 10	Finals	1
11:55 AM	234	Boys 1200 Metre Race Walk Grade 10	Finals	1
11:55 AM	235	Girls 1200 Metre Race Walk Grade 12	Finals	2
11:55 AM	236	Boys 1200 Metre Race Walk Grade 12	Finals	2

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Time	Event No	Event	Round	Heats/Div
12:20PM	226	Girls Long Jump Grade 10 Div 2	Finals	LJ 1 3
12:35 PM	237	Girls High Jump Grade 14	Finals	1
12:35 PM	238	Girls Discus Throw Grade 12 Div 1	Finals	DT 2 2
12:35 PM	239	Boys Shot Put Grade 12	Finals	SP 1 1
1:00 PM	240	Boys Long Jump Grade 13 Div 1	Finals	LJ 2 2
1:00 PM	241	Boys 200 Metre Sprint Grade 7	Finals	4
1:05 PM	238	Girls Discus Throw Grade 12 Div 1	Finals	DT 2 2
1:10 PM	242	Boys 200 Metre Sprint Grade 8	Finals	5
1:20 PM	243	Boys 200 Metre Sprint Grade 9	Finals	4
1:30 PM	244	Girls 100 Metre Sprint Grade 10	Semis	3
1:30 PM	240	Boys Long Jump Grade 13 Div 2	Finals	LJ 2 2
1:35 PM	245	Girls 100 Metre Sprint Grade 11	Semis	3
1:40 PM	246	Girls 100 Metre Sprint Grade 12	Semis	3
1:45 PM	247	Girls 100 Metre Sprint Grade 13	Semis	3
1:50 PM	248	Girls 100 Metre Sprint Grade 14	Semis	2
2:00 PM	249	Girls Shot Put Grade 7 Div 1,2,3	Finals	SP 2 5
2:00 PM	250	Girls Discus Throw Grade 10 Div 1	Finals	DT 1 2
2:00 PM	251	Mixed 15+ Long Jump	Finals	LJ 1 1
2:00 PM	252	Girls 1500 Metre Run Grade 10	Finals	1
2:10 PM	253	Girls 1500 Metre Run Grade 11	Finals	1
2:20 PM	249	Girls Shot Put Grade 7 Div 4,5	Finals	SP 2 5
2:20 PM	254	Girls 1500 Metre Run Grade 12	Finals	1
2:25 PM	250	Girls Discus Throw Grade 10 Div 2	Finals	DT 1 2
2:30 PM	255	Girls 1500 Metre Run Grade 13	Finals	1
2:40 PM	256	Girls 1500 Metre Run Grade 14	Finals	1
2:45 PM	257	Girls Discus Throw Grade 11 Div 1	Finals	DT 2 2
2:50 PM	258	Boys 200 Metre Sprint Grade 10	Finals	1
2:53 PM	259	Boys 200 Metre Sprint Grade 11	Finals	1
2:56 PM	260	Boys 200 Metre Sprint Grade 12	Finals	1
2:59 PM	261	Boys 200 Metre Sprint Grade 13	Finals	1
3:02 PM	262	Boys 200 Metre Sprint Grade 14	Finals	1
3:10 PM	263	Boys 800 Metre Run Grade 10	Finals	1
3:15 PM	257	Girls Discus Throw Grade 11 Div 2	Finals	DT 2 2
3:15 PM	264	Boys 800 Metre Run Grade 11	Finals	1
3:20 PM	265	Boys 800 Metre Run Grade 12	Finals	1
3:25 PM	266	Boys 800 Metre Run Grade 13	Finals	1
3:30 PM	267	Boys 800 Metre Run Grade 14	Finals	1
3:35 PM	268	Girls 100 Metre Sprint Grade 10	Finals	1
3:38 PM	269	Girls 100 Metre Sprint Grade 11	Finals	1
3:41 PM	270	Girls 100 Metre Sprint Grade 12	Finals	1
3:44 PM	271	Girls 100 Metre Sprint Grade 13	Finals	1
3:47 PM	272	Girls 100 Metre Sprint Grade 14	Finals	1
3:55 PM	273	Girls 4x100 Metre Relay Grade 7	Finals	1
4:00 PM	274	Girls 4x100 Metre Relay Grade 8	Finals	2
4:10 PM	275	Girls 4x100 Metre Relay Grade 9	Finals	2
4:20 PM	276	Girls 4x100 Metre Relay Grade 12	Heats	2
4:30 PM	277	Boys 4x100 Metre Relay Grade 12	Heats	2
4:35 PM	278	Girls 4x100 Metre Relay Grade 13	Heats	2
4:40 PM	279	Boys 4x100 Metre Relay Grade 13	Heats	2
4:50 PM	280	Girls 4x100 Metre Relay Grade 10	Finals	1
4:55 PM	281	Boys 4x100 Metre Relay Grade 10	Finals	1
5:00 PM	282	Girls 4x100 Metre Relay Grade 11	Finals	1
5:05 PM	283	Boys 4x100 Metre Relay Grade 11	Finals	1

Programme Day 3 Sunday 13 January 2019

Time	Event No	Event	Round	Heats/Div
9:00 AM	301	Girls 800 Metre Run Grade 12	Heats	2
9:00 AM	302	Boys Long Jump Grade 12 Div 1	Finals LJ 1	2
9:00 AM	303	Boys High Jump Grade 14	Finals	1
9:00 AM	304	Boys Discus Throw Grade 13	Finals DT 1	1
9:00 AM	305	Boys Shot Put Grade 8 Div 1,2,3	Finals SP 2	5
9:15 AM	306	Girls 200 Metre Sprint Grade 12	Heats	5
9:25 AM	305	Boys Shot Put Grade 8 Div 4,5	Finals SP 2	5
9:25 AM	307	Boys Shot Put Grade 10 Div 1	Finals SP 1	2
9:25 AM	308	Girls 200 Metre Sprint Grade 13	Heats	5
9:35 AM	302	Boys Long Jump Grade 12 Div 2	Finals LJ 1	2
9:35 AM	309	Girls 200 Metre Sprint Grade 14	Heats	4
9:45 AM	310	Boys 400 Metre Sprint Grade 10	Heats	4
9:45 AM	307	Boys Shot Put Grade 10 Div 2	Finals SP 1	2
9:55 AM	311	Boys 400 Metre Sprint Grade 11	Heats	4
10:00 AM	312	Girls Discus Throw Grade 9 Div 1,2,3	Finals DT 2	5
10:00 AM	313	Girls Long Jump Grade 7 Div 1,2,3, 4	Finals LJ 2	7
10:05 AM	314	Girls 400 Metre Sprint Grade 10	Heats	5
10:15 AM	315	Girls 400 Metre Sprint Grade 11	Heats	5
10:20 AM	312	Girls Discus Throw Grade 9 Div 4,5	Finals DT 2	5
10:30 AM	313	Girls Long Jump Grade 7 Div 5,6,7	Finals LJ 2	7
10:30 AM	316	Girls High Jump Grade 12	Finals	1
10:30 AM	317	Boys 100 Metre Sprint Grade 14	Heats	4
10:40 AM	318	Boys 100 Metre Sprint Grade 13	Heats	4
10:50 AM	319	Boys 100 Metre Sprint Grade 12	Heats	5
10:50 AM	320	Girls Shot Put Grade 13	Finals SP 1	1
11:00 AM	321	Girls Long Jump Grade 11 Div 1	Finals LJ 1	3
11:05 AM	322	Boys 100 Metre Sprint Grade 7	Finals	5
11:15 AM	323	Boys 100 Metre Sprint Grade 8	Finals	7
11:25 AM	321	Girls Long Jump Grade 11 Div 2	Finals LJ 1	3
11:25 AM	324	Boys 100 Metre Sprint Grade 9	Finals	5
11:35 AM	325	Girls 2000 Metre Race Walk Grade 14	Finals	1
11:35 AM	326	Boys 2000 Metre Race Walk Grade 14	Finals	1
11:35 AM	327	Girls 1200 Metre Race Walk Grade 11	Finals	1
11:35 AM	328	Boys 1200 Metre Race Walk Grade 11	Finals	1
11:55 AM	321	Girls Long Jump Grade 11 Div 3	Finals LJ 1	3
11:55 AM	329	Girls 200 Metre Sprint Grade 12	Semis	3
12:04 PM	330	Girls 200 Metre Sprint Grade 13	Semis	3
12:10 PM	331	Girls 200 Metre Sprint Grade 14	Semis	2

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Time	Event No	Event	Round	Heats/Div
12:00 PM	332	Girls Discus Throw Grade 14 Div 1	Finals	DT 1 2
12:00 PM	333	Boys Shot Put Grade 11	Finals	SP 2 1
12:30 PM	334	Boys High Jump Grade 10	Finals	1
12:30 PM	335	Boys Long Jump Grade 7 Div 1,2,3	Finals	LJ 2 5
12:30 PM	332	Girls Discus Throw Grade 14 Div 2	Finals	DT 1 2
12:50 PM	335	Boys Long Jump Grade 7 Div 4,5	Finals	LJ 2 5
1:00 PM	336	Mixed 15+ 1500 Metre Run	Finals	0
1:10 PM	337	Boys 100 Metre Sprint Grade 12	Semis	3
1:16 PM	338	Boys 100 Metre Sprint Grade 13	Semis	2
1:22 PM	339	Boys 100 Metre Sprint Grade 14	Semis	2
1:30 PM	340	Girls Shot Put Grade 8 All Divs	Finals	SP 1 4
1:30 PM	341	Boys 400 Metre Sprint Grade 10	Finals	1
1:33 PM	342	Boys 400 Metre Sprint Grade 11	Finals	1
1:36 PM	343	Girls 400 Metre Sprint Grade 10	Finals	1
1:39 PM	344	Girls 400 Metre Sprint Grade 11	Finals	1
1:45 PM	345	Boys Long Jump Grade 11 Div 1	Finals	LJ 1 2
1:45 PM	346	Girls 800 Metre Run Grade 12	Finals	1
1:50 PM	347	Girls 800 Metre Run Grade 13	Finals	1
1:50 PM	348	Girls Shot Put Grade 10	Finals	SP 2 1
1:55 PM	349	Girls 800 Metre Run Grade 14	Finals	1
2:00 PM	350	Boys Discus Throw Grade 9 All Divs	Finals	DT 2 4
2:05 PM	351	Boys 1500 Metre Run Grade 12	Finals	1
2:10 PM	352	Mixed 15+ Shot Put	Finals	0
2:12 PM	353	Boys 1500 Metre Run Grade 13	Finals	1
2:15 PM	345	Boys Long Jump Grade 11 Div 2	Finals	LJ 1 2
2:19 PM	354	Boys 1500 Metre Run Grade 14	Finals	1
2:30 PM	355	Girls 200 Metre Sprint Grade 12	Finals	1
2:33 PM	356	Girls 200 Metre Sprint Grade 13	Finals	1
2:36 PM	357	Girls 200 Metre Sprint Grade 14	Finals	1
2:45 PM	358	Boys 100 Metre Sprint Grade 12	Finals	1
2:48 PM	359	Boys 100 Metre Sprint Grade 13	Finals	1
2:51 PM	360	Boys 100 Metre Sprint Grade 14	Finals	1
3:05 PM	361	Mixed Distance Medley Grade 10	Finals	1
3:15 PM	362	Mixed Distance Medley Grade 11	Finals	1
3:25 PM	363	Girls 60 Metre Sprint Grade 7	Finals	7
3:32 PM	364	Girls 60 Metre Sprint Grade 8	Finals	5
3:37 PM	365	Girls 60 Metre Sprint Grade 9	Finals	6
3:55 PM	366	Girls 4x100 Metre Relay Grade 12	Finals	1
4:00 PM	367	Boys 4x100 Metre Relay Grade 12	Finals	1
4:05 PM	368	Girls 4x100 Metre Relay Grade 13	Finals	1
4:10 PM	369	Boys 4x100 Metre Relay Grade 13	Finals	1
4:15 PM	370	Girls 4x100 Metre Relay Grade 14	Finals	1
4:20 PM	371	Boys 4x100 Metre Relay Grade 14	Finals	1