



Programme - Day 1 - Friday 12 January 2018

TIME	EVENT No	EVENT	ROUND	Heats/D ivs
9:20 AM	101	Girls 80 Metre Hurdles Grade 12	Heats	4
9:30 AM	102	Boys Long Jump Grade 8	Final	LJ1 4
9:30 AM	103	Girls Long Jump Grade 12 Div 1	Final	LJ2 3
9:30 AM	104	Boys High Jump Grade 12	Final	HJ1 1
9:30 AM	105	Boys Discus Throw Grade 10 Div 1	Final	DT2 2
9:30 AM	106	Boys Shot Put Grade 14	Final	SP1 1
9:30 AM	107	Girls 800 Metre Run Grade 11	Heats	2
9:40 AM	108	Girls 400 Metre Sprint Grade 12	Heats	4
9:48 AM	109	Girls 400 Metre Sprint Grade 13	Heats	4
9:50 AM	103	Girls Long Jump Grade 12 Div 2	Final	LJ2 3
9:50 AM	105	Boys Discus Throw Grade 10 Div2	Final	DT2 2
9:56 AM	110	Girls 400 Metre Sprint Grade 14	Heats	3
10:10 AM	111	Girls 200 Metre Sprint Grade 10	Heats	6
10:10 AM	103	Girls Long Jump Grade 12 Div 3	Final	LJ2 3
10:20 AM	112	Girls 200 Metre Sprint Grade 11	Heats	4
10:30 AM	113	Boys 400 Metre Sprint Grade 14	Heats	4
10:30 AM	114	Boys Discus Throw Grade 7 Div 1, 2, 3	Final	DT1 5
10:30 AM	115	Girls Shot Put Grade 9	Final	SP2 4
10:40 AM	116	Boys 400 Metre Sprint Grade 13	Heats	4
10:50 AM	117	Boys 400 Metre Sprint Grade 12	Heats	4
10:50 AM	114	Boys Discus Throw Grade 7, Div 5, 6	Final	DT1 5
11:00 AM	118	Boys 100 Metre Sprint Grade 10	Heats	5
11:00 AM	119	Girls Long Jump Grade 8 Div 1, 2, 3	Final	LJ1 6
11:10 AM	120	Boys 100 Metre Sprint Grade 11	Heats	5
11:15 AM	128	Girls Long Jump Grade 13 Div 1	Final	LJ2 3
11:20 AM	119	Girls Long Jump Grade 8 Div 4, 5, 6	Final	LJ1 6
11:25 AM	121	Boys 60 Metre Sprint Grade 9	Final	6
11:30 AM	122	Girls High Jump Grade 10	Final	HJ 1 & 2 1
11:35 AM	123	Boys 60 Metre Sprint Grade 8	Final	4
11:40 AM	124	Boys 60 Metre Sprint Grade 7	Final	6
11:40 AM	128	Girls Long Jump Grade 13 Div 2	Final	LJ2 3
11:50 AM	125	Girls 1600 Metre Race Walk Grade 13	Final	1
11:50 AM	126	Boys 1600 Metre Race Walk Grade 13	Final	1
12:00 PM	127	Boys Discus Throw Grade 11 Div 1	Final	DT1 2
12:05 PM	129	Girls 80 Metre Hurdles Grade 14	Heats	3
12:05 PM	128	Girls Long Jump Grade 13 Div 3	Final	LJ2 3
12:10 PM	130	Girls 80 Metre Hurdles Grade 13	Heats	3
12:15 PM	131	Girls 80 Metre Hurdles Grade 12	Semi	2
12:20 PM	132	Boys 80 Metre Hurdles Grade 12	Heats	3
12:25 PM	133	Boys 80 Metre Hurdles Grade 13	Heats	3
12:25 PM	127	Boys Discus Throw Grade 11 Div 2	Final	DT1 2

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1:00 PM	134	Girls Discus Throw Grade 13 Div 1	Final	DT2	2
1:15 PM	135	Girls Shot Put Grade 14	Final	SP1	1
1:15 PM	136	Boys Long Jump Grade 14 Div 1	Final	LJ2	2
1:15 PM	137	Girls High Jump Grade 11	Final	HJ1	1
1:20 PM	134	Girls Discus Throw Grade 13 Div 2	Final	DT2	2
1:25 PM	138	Girls 200 Metre Sprint Grade 10	Semi		3
1:32 PM	139	Girls 200 Metre Sprint Grade 11	Semi		2
1:40 PM	136	Boys Long Jump Grade 14 Div 2	Final	LJ2	2
1:40 PM	140	Boys 100 Metre Sprint Grade 10	Semi		3
1:45 PM	141	Boys 100 Metre Sprint Grade 11	Semi		3
1:55 PM	142	Girls 400 Metre Sprint Grade 14	Final		1
2:00 PM	143	Girls 400 Metre Sprint Grade 12	Final		1
2:05 PM	144	Girls 400 Metre Sprint Grade 13	Final		1
2:10 PM	145	Boys 400 Metre Sprint Grade 12	Final		1
2:15 PM	146	Boys 400 Metre Sprint Grade 13	Final		1
2:20 PM	147	Boys 400 Metre Sprint Grade 14	Final		1
2:25 PM	148	Girls Shot Put Grade 12	Final	SP1	1
2:30 PM	149	Girls 200 Metre Sprint Grade 7	Final		4
2:35 PM	150	Boys Discus Throw Grade 12 Div 1	Final	DT2	2
2:35 PM	151	Girls Long Jump Grade 14 Div 1	Final	LJ2	2
2:40 PM	152	Girls 200 Metre Sprint Grade 8	Final		4
2:50 PM	153	Girls 200 Metre Sprint Grade 9	Final		5
2:55 PM	150	Boys Discus Throw Grade 12 Div 2	Final	DT2	2
2:55 PM	151	Girls Long Jump Grade 14 Div 2	Final	LJ2	2
3:05 PM	154	Girls Discus Throw Grade 7	Final	DT1	3
3:05 PM	155	Girls 800 Metre Run Grade 10	Final		1
3:10 PM	156	Girls 800 Metre Run Grade 11	Final		1
3:15 PM	157	Boys High Jump Grade 13	Final	HJ1	1
3:15 PM	158	Boys Shot Put Grade 9 Div 1, 2, 3	Final	SP2	5
3:15 PM	159	Boys 1500 Metre Run Grade 10	Final		1
3:23 PM	160	Boys 1500 Metre Run Grade 11	Final		1
3:30 PM	161	Girls 200 Metre Sprint Grade 10	Final		1
3:33 PM	162	Girls 200 Metre Sprint Grade 11	Final		1
3:35 PM	158	Boys Shot Put Grade 9 Div 4, 5	Final	SP2	5
3:35 PM	165	Girls Shot Put Grade 11 Div 1	Final	SP1	2
3:38 PM	163	Boys 100 Metre Sprint Grade 10	Final		1
3:41 PM	164	Boys 100 Metre Sprint Grade 11	Final		1
3:55 PM	165	Girls Shot Put Grade 11 Div 2	Final	SP1	2
3:55 PM	166	Boys 100 Metre Hurdles Grade 14	Final		1
4:05 PM	167	Boys 80 Metre Hurdles Grade 12	Final		1
4:08 PM	168	Girls 80 Metre Hurdles Grade 14	Final		1
4:11 PM	169	Girls 80 Metre Hurdles Grade 13	Final		1
4:14 PM	170	Girls 80 Metre Hurdles Grade 12	Final		1
4:17 PM	171	Boys 80 Metre Hurdles Grade 13	Final		1
4:35 PM	173	Boys 4x100 Metre Relay Grade 10	Heats		2
4:45 PM	174	Boys 4x100 Metre Relay Grade 11	Heats		2
4:55 PM	172	Girls 4x100 Metre Relay Grade 11	Heats		2
5:05 PM	175	Boys 4x100 Metre Relay Grade 7	Final		1
5:10 PM	176	Boys 4x100 Metre Relay Grade 8	Final		2
5:15 PM	177	Boys 4x100 Metre Relay Grade 9	Final		2
5:25 PM	178	Mixed Distance Medley Grade 12	Final		1
5:35 PM	179	Mixed Distance Medley Grade 13	Final		1
5:45 PM	180	Mixed Distance Medley Grade 14	Final		1

Programme - Day 2 - Saturday 13 January 2018

TIME	EVENT No	EVENT	ROUND	Heats/D ivs	
9:00 AM	201	Boys 800 Metre Run Grade 10	Heats	2	
9:00 AM	202	Boys Long Jump Grade 9 Div 1, 2, 3	Final	LJ1	6
9:00 AM	203	Girls High Jump Grade 13	Final	HJ1	1
9:00 AM	204	Boys Discus Throw Grade 8	Final	DT1	3
9:00 AM	205	Boys Shot Put Grade 7 Div 1, 2, 3	Final	SP2	5
9:15 AM	206	Boys 200 Metre Sprint Grade 10	Heats		4
9:25 AM	202	Boys Long Jump Grade 9 Div 4, 5, 6	Final	LJ1	6
9:25 AM	205	Boys Shot Put Grade 7 Div 4, 5	Final	SP2	5
9:25 AM	207	Boys 200 Metre Sprint Grade 13	Heats		4
9:30 AM	208	Boys Long Jump Grade 10 Div 1	Final	LJ2	3
9:35 AM	209	Boys 200 Metre Sprint Grade 11	Heats		4
9:45 AM	210	Boys 200 Metre Sprint Grade 12	Heats		5
9:50 AM	208	Boys Long Jump Grade 10 Div 2	Final	LJ2	3
9:55 AM	211	Boys 200 Metre Sprint Grade 14	Heats		5
10:00 AM	212	Boys Shot Put Grade 13	Final	SP1	1
10:05 AM	213	Girls 100 Metre Sprint Grade 9	Final		7
10:05 AM	214	Boys Discus Throw Grade 14 Div 1	Final	DT2	2
10:15 AM	208	Boys Long Jump Grade 10 Div 3	Final	LJ2	3
10:15 AM	215	Girls 100 Metre Sprint Grade 8	Final		6
10:25 AM	216	Girls 100 Metre Sprint Grade 7	Final		5
10:30 AM	214	Boys Discus Throw Grade 14 Div 2	Final	DT2	2
10:45 AM	217	Boys High Jump Grade 11	Final	HJ1	1
10:45 AM	218	Girls Long Jump Grade 9 Div 1, 2, 3	Final	LJ1	6
10:45 AM	219	Girls 100 Metre Sprint Grade 10	Heats		6
10:55 AM	220	Girls 100 Metre Sprint Grade 11	Heats		5
11:05 AM	221	Girls 100 Metre Sprint Grade 12	Heats		5
11:05 AM	218	Girls Long Jump Grade 9 Div 4, 5, 6	Final	LJ1	6
11:15 AM	222	Girls 100 Metre Sprint Grade 13	Heats		5
11:25 AM	223	Girls 100 Metre Sprint Grade 14	Heats		6
11:30 AM	224	Girls Discus Throw Grade 8	Final	DT1	4
11:30 AM	225	Girls Long Jump Grade 10 Div 1	Final	LJ2	3
11:35 AM	226	Boys 200 Metre Sprint Grade 10	Semi		2
11:40 AM	227	Boys 200 Metre Sprint Grade 11	Semi		2
11:45 AM	228	Boys 200 Metre Sprint Grade 12	Semi		3
11:50 AM	229	Boys 200 Metre Sprint Grade 13	Semi		2
11:55 AM	225	Girls Long Jump Grade 10 Div 2	Final	LJ2	3
11:55 AM	230	Boys 200 Metre Sprint Grade 14	Semi		3
12:05 PM		<i>Special Event 200 Metre Grade 15+</i>			
12:10 PM	231	Girls 1200 Metre Race Walk Grade 12	Final		1
12:10 PM	232	Boys 1200 Metre Race Walk Grade 12	Final		1
12:10 PM	233	Girls 1200 Metre Race Walk Grade 10	Final		1
12:10 PM	234	Boys 1200 Metre Race Walk Grade 10	Final		1
12:20 PM	225	Girls Long Jump Grade 10 Div 3	Final	LJ2 (a)	3
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12:35 PM	235	Girls High Jump Grade 14	Final	HJ1	1
12:35 PM	236	Girls Discus Throw Grade 12 Div 1	Final	DT2	2
12:35 PM	237	Boys Shot Put Grade 12 Div 1	Final	SP1	2
1:00 PM	238	Boys Long Jump Grade 13 Div 1	Final	LJ2	2
1:00 PM	239	Boys 200 Metre Sprint Grade 7	Final		5
1:00 PM	236	Girls Discus Throw Grade 12 Div 2	Final	DT2	2
1:00 PM	237	Boys Shot Put Grade 12 Div 2	Final	SP1	2
1:10 PM	240	Boys 200 Metre Sprint Grade 8	Final		4
1:20 PM	241	Boys 200 Metre Sprint Grade 9	Final		6

1:25 PM	238	Boys Long Jump Grade 13 Div 2	Final	LJ2	2
1:30 PM	242	Girls 100 Metre Sprint Grade 10	Semi		3
1:35 PM	243	Girls 100 Metre Sprint Grade 11	Semi		3
1:40 PM	244	Girls 100 Metre Sprint Grade 12	Semi		3
1:45 PM	245	Girls 100 Metre Sprint Grade 13	Semi		3
1:50 PM	246	Girls 100 Metre Sprint Grade 14	Semi		3
2:00 PM	247	Girls Shot Put Grade 7	Final	SP2	4
2:00 PM	248	Girls Discus Throw Grade 10 Div 1	Final	DT1	2
2:00 PM		Special Event Long Jump Grade 15+		LJ2 (a)	
2:00 PM	249	Girls 1500 Metre Run Grade 10	Final		1
2:10 PM	250	Girls 1500 Metre Run Grade 11	Final		1
2:20 PM	251	Girls 1500 Metre Run Grade 12	Final		1
2:25 PM	248	Girls Discus Throw Grade 10 Div 2	Final	DT1	2
2:30 PM	252	Girls 1500 Metre Run Grade 13	Final		1
2:40 PM	253	Girls 1500 Metre Run Grade 14	Final		1
2:45 PM	254	Girls Discus Throw Grade 11 Div 1	Final	DT2	2
2:50 PM	255	Boys 200 Metre Sprint Grade 10	Final		1
2:53 PM	256	Boys 200 Metre Sprint Grade 11	Final		1
2:57 PM	257	Boys 200 Metre Sprint Grade 12	Final		1
3:00 PM	258	Boys 200 Metre Sprint Grade 13	Final		1
3:03 PM	259	Boys 200 Metre Sprint Grade 14	Final		1
3:10 PM	260	Boys 800 Metre Run Grade 10	Final		1
3:15 PM	254	Girls Discus Throw Grade 11 Div 2	Final	DT2	2
3:15 PM	261	Boys 800 Metre Run Grade 11	Final		1
3:20 PM	262	Boys 800 Metre Run Grade 12	Final		1
3:25 PM	263	Boys 800 Metre Run Grade 13	Final		1
3:30 PM	264	Boys 800 Metre Run Grade 14	Final		1
3:35 PM	265	Girls 100 Metre Sprint Grade 10	Final		1
3:38 PM	266	Girls 100 Metre Sprint Grade 11	Final		1
3:41 PM	267	Girls 100 Metre Sprint Grade 12	Final		1
3:44 PM	268	Girls 100 Metre Sprint Grade 13	Final		1
3:47 PM	269	Girls 100 Metre Sprint Grade 14	Final		1
3:55 PM	270	Girls 4x100 Metre Relay Grade 7	Final		1
4:00 PM	271	Girls 4x100 Metre Relay Grade 8	Final		1
4:05 PM	272	Girls 4x100 Metre Relay Grade 9	Final		2
4:15 PM	273	Girls 4x100 Metre Relay Grade 12	Heats		2
4:25 PM	274	Boys 4x100 Metre Relay Grade 12	Heats		2
4:35 PM	275	Girls 4x100 Metre Relay Grade 13	Heats		2
4:45 PM	276	Boys 4x100 Metre Relay Grade 13	Heats		2
4:55 PM	277	Girls 4x100 Metre Relay Grade 14	Heats		2
5:05 PM	278	Boys 4x100 Metre Relay Grade 14	Heats		2
5:15 PM	279	Girls 4x100 Metre Relay Grade 10	Final		1
5:20 PM	280	Boys 4x100 Metre Relay Grade 10	Final		1
5:25 PM	281	Girls 4x100 Metre Relay Grade 11	Final		1
5:30 PM	282	Boys 4x100 Metre Relay Grade 11	Final		1

Programme - Day 3 - Sunday 14 January 2018

TIME	EVENT No	EVENT	ROUND	Heats/Divs
9:00 AM	301	Girls 800 Metre Run Grade 12	Heats	2
9:00 AM	302	Boys Long Jump Grade 12 Div 1	Final	LJ2
9:00 AM	303	Boys High Jump Grade 14	Final	HJ1
9:00 AM	304	Boys Discus Throw Grade 13 Div 1	Final	DT2
9:00 AM	305	Boys Shot Put Grade 8	Final	SP2
9:15 AM	306	Girls 200 Metre Sprint Grade 12	Heats	5
9:20 AM	302	Boys Long Jump Grade 12 Div 2	Final	LJ2

9:25 AM	304	Boys Discus Throw Grade 13 Div 2	Final	DT2	2
9:25 AM	307	Girls 200 Metre Sprint Grade 13	Heats		4
9:35 AM	308	Girls 200 Metre Sprint Grade 14	Heats		5
9:45 AM	309	Boys Shot Put Grade 10 Div 1	Final	SP1	2
9:45 AM	310	Boys 400 Metre Sprint Grade 10	Heats		5
9:45 AM	302	Boys Long Jump Grade 12 Div 3	Final	LJ2	3
10:00 AM	311	Boys 400 Metre Sprint Grade 11	Heats		4
10:00 AM	312	Girls Discus Throw Grade 9 Div 1, 2, 3	Final	DT1	5
10:00 AM	313	Girls Long Jump Grade 7 Div 1, 2, 3	Final	LJ1	6
10:05 AM	309	Boys Shot Put Grade 10 Div 2	Final	SP1	2
10:10 AM	314	Girls 400 Metre Sprint Grade 10	Heats		5
10:25 AM	315	Girls 400 Metre Sprint Grade 11	Heats		6
10:20 AM	312	Girls Discus Throw Grade 9 Div 4, 5	Final	DT1	5
10:20 AM	313	Girls Long Jump Grade 7 Div 4, 5, 6	Final		6
10:30 AM	316	Girls High Jump Grade 12	Final	HJ 1 & 2	1
10:40 AM	317	Boys 100 Metre Sprint Grade 14	Heats		5
10:50 AM	318	Boys 100 Metre Sprint Grade 13	Heats		5
10:50 AM	319	Girls Shot Put Grade 13 Div 1	Final	SP1	1
11:00 AM	320	Boys 100 Metre Sprint Grade 12	Heats		5
11:00 AM	321	Girls Long Jump Grade 11 Div 1	Final	LJ2	3
11:10 AM	322	Boys 100 Metre Sprint Grade 7	Final		6
11:10 AM	319	Girls Shot Put Grade 13 Div 2	Final		1
11:16 AM	323	Boys 100 Metre Sprint Grade 8	Final		4
11:20 AM	324	Boys 100 Metre Sprint Grade 9	Final		7
11:25 AM	321	Girls Long Jump Grade 11 Div 2	Final	LJ2	3
11:30 AM	325	Girls 2000 Metre Race Walk Grade 14	Final		1
11:30 AM	326	Boys 2000 Metre Race Walk Grade 14	Final		1
11:30 AM	327	Girls 1200 Metre Race Walk Grade 11	Final		1
11:30 AM	328	Boys 1200 Metre Race Walk Grade 11	Final		1
11:50 AM	321	Girls Long Jump Grade 11 Div 3	Final	LJ2	3
11:50 AM	329	Girls 200 Metre Sprint Grade 12	Semi		3
11:56 AM	330	Girls 200 Metre Sprint Grade 13	Semi		2
12:00 PM	331	Girls 200 Metre Sprint Grade 14	Semi		3

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12:00 PM	332	Girls Discus Throw Grade 14 Div 1	Final	DT2	2
12:00 PM	333	Boys Shot Put Grade 11	Final	SP1	1
12:25 PM	332	Girls Discus Throw Grade 14 Div 2	Final	DT2	2
12:30 PM	334	Boys High Jump Grade 10	Final	HJ1	1
12:30 PM	335	Boys Long Jump Grade 7 Div 1, 2, 3	Final	LJ1	6
12:50 PM	335	Boys Long Jump Grade 7 Div 4, 5, 6	Final	LJ1	6
1:00 PM		<i>Special Event 1500m Grade 15+</i>			
1:10 PM	336	Boys 100 Metre Sprint Grade 12	Semi		3
1:16 PM	337	Boys 100 Metre Sprint Grade 13	Semi		3
1:20 PM	338	Boys 100 Metre Sprint Grade 14	Semi		3
1:30 PM	339	Girls Shot Put Grade 8	Final	SP2	3
1:30 PM	340	Boys 400 Metre Sprint Grade 10	Final		1
1:33 PM	341	Boys 400 Metre Sprint Grade 11	Final		1
1:36 PM	342	Girls 400 Metre Sprint Grade 10	Final		1
1:39 PM	343	Girls 400 Metre Sprint Grade 11	Final		1
1:45 PM	344	Boys Long Jump Grade 11 Div 1	Final	LJ2	2
1:45 PM	345	Girls 800 Metre Run Grade 12	Final		1
1:50 PM	346	Girls 800 Metre Run Grade 13	Final		1
1:50 PM	347	Girls Shot Put Grade 10 Div 1	Final	SP2	2
1:55 PM	348	Girls 800 Metre Run Grade 14	Final		1
2:00 PM	349	Boys Discus Throw Grade 9 Div 1, 2, 3	Final	DT1	6

2:05 PM	344	Boys Long Jump Grade 11 Div 2	Final	LJ2	2
2:05 PM	350	Boys 1500 Metre Run Grade 12	Final		1
2:10 PM	347	Girls Shot Put Grade 10 Div 2	Final	SP2	2
2:10 PM		Special Event Shot Put Grade 15+		SP1	
2:12 PM	351	Boys 1500 Metre Run Grade 13	Final		1
2:19 PM	352	Boys 1500 Metre Run Grade 14	Final		1
2:20 PM	349	Boys Discus Throw Grade 9 Div 4 ,5, 6	Final	DT1	6
2:30 PM	353	Girls 200 Metre Sprint Grade 12	Final		1
2:33 PM	354	Girls 200 Metre Sprint Grade 13	Final		1
2:36 PM	355	Girls 200 Metre Sprint Grade 14	Final		1
2:45 PM	356	Boys 100 Metre Sprint Grade 12	Final		1
2:48 PM	357	Boys 100 Metre Sprint Grade 13	Final		1
2:51 PM	358	Boys 100 Metre Sprint Grade 14	Final		1
3:05 PM	359	Mixed Distance Medley Grade 10	Final		1
3:15 PM	360	Mixed Distance Medley Grade 11	Final		1
3:25 PM	361	Girls 60 Metre Sprint Grade 7	Final		6
3:31 PM	362	Girls 60 Metre Sprint Grade 8	Final		6
3:37 PM	363	Girls 60 Metre Sprint Grade 9	Final		6
3:55 PM	364	Girls 4x100 Metre Relay Grade 12	Final		1
4:00 PM	365	Boys 4x100 Metre Relay Grade 12	Final		1
4:05 PM	366	Girls 4x100 Metre Relay Grade 13	Final		1
4:10 PM	367	Boys 4x100 Metre Relay Grade 13	Final		1
4:15 PM	368	Girls 4x100 Metre Relay Grade 14	Final		1
4:20 PM	369	Boys 4x100 Metre Relay Grade 14	Final		1

