



## Programme - Day 1 - Friday 5 January 2018

TIME	#	EVENT	ROUND	Heats/ Divs
9:00 AM	101	Girls 400 Metre Sprint Grade 12	Heats	5
<b>9:00 AM</b>	<b>102</b>	<b>Boys Discus Throw Grade 7</b>	<b>Final D2</b>	<b>5</b>
<b>9:00 AM</b>	<b>103</b>	<b>Boys Discus Throw Grade 10</b>	<b>Final D1</b>	<b>3</b>
<b>9:00 AM</b>	<b>104</b>	<b>Boys High Jump Grade 12</b>	<b>Final</b>	<b>1</b>
<b>9:00 AM</b>	<b>105</b>	<b>Girls Long Jump Grade 8</b>	<b>Final LJ1</b>	<b>9</b>
<b>9:00 AM</b>	<b>106</b>	<b>Boys Long Jump Grade 8</b>	<b>Final LJ2</b>	<b>8</b>
<b>9:00 AM</b>	<b>107</b>	<b>Boys Shot Put Grade 14</b>	<b>Final S1</b>	<b>1</b>
<b>9:00 AM</b>	<b>108</b>	<b>Boys Shot Put Grade 9</b>	<b>Final S2</b>	<b>7</b>
9:15 AM	109	Girls 400 Metre Sprint Grade 13	Heats	5
9:27 AM	110	Girls 400 Metre Sprint Grade 14	Heats	3
9:37 AM	111	Girls 800 Metre Run Grade 10	Heats	2
9:47 AM	112	Girls 800 Metre Run Grade 11	Heats	2
10:00 AM	113	Girls 200 Metre Sprint Grade 10	Heats	7
10:16 AM	114	Girls 200 Metre Sprint Grade 11	Heats	7
10:30 AM	115	Boys 400 Metre Sprint Grade 14	Heats	3
10:40 AM	116	Boys 400 Metre Sprint Grade 13	Heats	5
<b>10:50 AM</b>	<b>117</b>	<b>Girls Discus Throw Grade 13</b>	<b>Final D1</b>	<b>2</b>
<b>10:50 AM</b>	<b>118</b>	<b>Boys Discus Throw Grade 11</b>	<b>Final D2</b>	<b>3</b>
10:55 AM	119	Boys 400 Metre Sprint Grade 12	Heats	6
<b>11:00 AM</b>	<b>120</b>	<b>Girls Long Jump Grade 12</b>	<b>Final LJ2</b>	<b>3</b>
<b>11:00 AM</b>	<b>121</b>	<b>Girls Shot Put Grade 14</b>	<b>Final S1</b>	<b>1</b>
<b>11:00 AM</b>	<b>122</b>	<b>Girls Shot Put Grade 9</b>	<b>Final S2</b>	<b>6</b>
<b>11:00 AM</b>	<b>123</b>	<b>Girls High Jump Grade 11</b>	<b>Final</b>	<b>2</b>
11:10 AM	124	Boys 100 Metre Sprint Grade 10	Heats	7
11:22 AM	125	Boys 100 Metre Sprint Grade 11	Heats	7
<b>11:30 AM</b>	<b>126</b>	<b>Girls Long Jump Grade 13</b>	<b>Final LJ1</b>	<b>3</b>
11:35 AM	127	Boys 60 Metre Sprint Grade 7	Final	6
11:50 AM	128	Boys 60 Metre Sprint Grade 8	Final	8
12:15 PM	129	Boys 60 Metre Sprint Grade 9	Final	9
12:30 PM	130	Boys 1500 Metre Run Grade 10	Heats	2
12:45 PM	131	Boys 1500 Metre Run Grade 11	Heats	2
1:00 PM	132	Girls 1600 Metre Race Walk Grade 13	Final	1
1:00 PM	133	Boys 1600 Metre Race Walk Grade 13	Final	1
<b>1:00 PM</b>	<b>134</b>	<b>Girls High Jump Grade 10</b>	<b>Final</b>	<b>1</b>
1:30 PM	135	Girls 80 Metre Hurdles Grade 12	Heats	2
1:40 PM	136	Boys 80 Metre Hurdles Grade 12	Heats	2
1:50 PM	137	Girls 80 Metre Hurdles Grade 13	Heats	4
2:00 PM	138	Boys 80 Metre Hurdles Grade 13	Heats	2
<b>2:00 PM</b>	<b>139</b>	<b>Boys Discus Throw Grade 12</b>	<b>Final D1</b>	<b>1</b>
2:10 PM	140	Girls 80 Metre Hurdles Grade 14	Heats	3
<b>2:25 PM</b>	<b>141</b>	<b>Girls Shot Put Grade 12</b>	<b>Final S1</b>	<b>1</b>
2:35 PM	142	Girls 200 Metre Sprint Grade 7	Final	7

<b>2:35 PM</b>	<b>143</b>	<b>Boys High Jump Grade 13</b>	<b>Final</b>		<b>1</b>
<b>2:35 PM</b>	<b>144</b>	<b>Boys Long Jump Grade 14</b>	<b>Final</b>	<b>LJ1</b>	<b>2</b>
2:45 PM	145	Girls 200 Metre Sprint Grade 8	Final		7
2:55 PM	146	Girls 200 Metre Sprint Grade 9	Final		9
<b>3:05 PM</b>	<b>147</b>	<b>Girls Discus Throw Grade 7</b>	<b>Final</b>	<b>D2</b>	<b>4</b>
3:05 PM	148	Girls 200 Metre Sprint Grade 11	Semi		3
3:15 PM	149	Girls 200 Metre Sprint Grade 10	Semi		3
<b>3:15 PM</b>	<b>150</b>	<b>Girls Shot Put Grade 11</b>	<b>Final</b>	<b>S2</b>	<b>2</b>
3:25 PM	151	Boys 100 Metre Sprint Grade 10	Semi		3
3:30 PM	152	Boys 100 Metre Sprint Grade 11	Semi		3
3:45 PM	153	Girls 400 Metre Sprint Grade 12	Final		1
3:50 PM	154	Girls 400 Metre Sprint Grade 13	Final		1
4:00 PM	155	Girls 400 Metre Sprint Grade 14	Final		1
4:05 PM	156	Girls 80 Metre Hurdles Grade 13	Semi		2
<b>4:05 PM</b>	<b>157</b>	<b>Girls Long Jump Grade 14</b>	<b>Final</b>	<b>LJ2</b>	<b>2</b>
4:10 PM	158	Boys 4x100 Metre Relay Grade 9	Final		2
4:25 PM	159	Boys 4x100 Metre Relay Grade 8	Final		2
4:35 PM	160	Boys 4x100 Metre Relay Grade 7	Final		1
4:45 PM	161	Boys 400 Metre Sprint Grade 12	Final		1
4:50 PM	162	Boys 400 Metre Sprint Grade 13	Final		1
5:00 PM	163	Boys 400 Metre Sprint Grade 14	Final		1
5:05 PM	164	Girls 800 Metre Run Grade 10	Final		1
5:10 PM	165	Girls 800 Metre Run Grade 11	Final		1
5:15 PM	166	Boys 1500 Metre Run Grade 10	Final		1
5:22 PM	167	Boys 1500 Metre Run Grade 11	Final		1
5:30 PM	168	Girls 200 Metre Sprint Grade 10	Final		1
5:34 PM	169	Girls 200 Metre Sprint Grade 11	Final		1
5:38 PM	170	Boys 100 Metre Sprint Grade 10	Final		1
5:41 PM	171	Boys 100 Metre Sprint Grade 11	Final		1
5:50 PM	172	Boys 100 Metre Hurdles Grade 14	Final		1
6:00 PM	173	Girls 80 Metre Hurdles Grade 14	Final		1
6:05 PM	174	Boys 80 Metre Hurdles Grade 13	Final		1
6:10 PM	175	Girls 80 Metre Hurdles Grade 13	Final		1
6:15 PM	176	Boys 80 Metre Hurdles Grade 12	Final		1
6:20 PM	177	Girls 80 Metre Hurdles Grade 12	Final		1
6:25 PM	178	Girls 4x100 Metre Relay Grade 10	Heats		2
6:35 PM	180	Girls 4x100 Metre Relay Grade 11	Heats		2
6:46 PM	181	Boys 4x100 Metre Relay Grade 11	Heats		2
6:55 PM	182	Mixed Distance Medley Grade 12	Final		2
7:05 PM	183	Mixed Distance Medley Grade 13	Final		3
7:15 PM	184	Mixed Distance Medley Grade 14	Final		2

## Programme - Day 2 - Saturday 6 January 2018

TIME	#	EVENT	ROUND	Heats/ Divs	
9:00 AM	201	Boys 200 Metre Sprint Grade 10	Heats	7	
<b>9:00 AM</b>	<b>202</b>	<b>Boys Shot Put Grade 7</b>	<b>Final</b>	<b>S2</b>	<b>4</b>
<b>9:00 AM</b>	<b>203</b>	<b>Boys Discus Throw Grade 8</b>	<b>Final</b>	<b>D2</b>	<b>7</b>
<b>9:00 AM</b>	<b>204</b>	<b>Boys Long Jump Grade 9</b>	<b>Final</b>	<b>LJ2</b>	<b>8</b>
9:15 AM	205	Boys 200 Metre Sprint Grade 11	Heats		7
<b>9:30 AM</b>	<b>206</b>	<b>Boys Long Jump Grade 10</b>	<b>Final</b>	<b>LJ1</b>	<b>3</b>
9:30 AM	207	Boys 200 Metre Sprint Grade 12	Heats		6
9:40 AM	208	Boys 200 Metre Sprint Grade 13	Heats		5
9:50 AM	209	Boys 200 Metre Sprint Grade 14	Heats		3
<b>9:50 AM</b>	<b>210</b>	<b>Boys High Jump Grade 11</b>	<b>Final</b>		<b>3</b>

10:00 AM	211	Girls 1500 Metre Run Grade 13	Heats		2
10:12 AM	212	Girls 1500 Metre Run Grade 12	Heats		2
<b>10:24 AM</b>	<b>213</b>	<b>Boys Discus Throw Grade 14</b>	<b>Final</b>	<b>D1</b>	<b>1</b>
10:24 AM	214	Girls 1500 Metre Run Grade 11	Heats		2
10:36 AM	215	Girls 1500 Metre Run Grade 10	Heats		2
10:48 AM	216	Boys 800 Metre Run Grade 11	Heats		3
10:58 AM	217	Boys 800 Metre Run Grade 12	Heats		3
<b>11:00 AM</b>	<b>218</b>	<b>Girls Discus Throw Grade 8</b>	<b>Final</b>	<b>D2</b>	<b>5</b>
11:08 AM	219	Boys 800 Metre Run Grade 10	Heats		3
11:18 AM	220	Boys 800 Metre Run Grade 13	Heats		2
11:28 AM	221	Girls 100 Metre Sprint Grade 13	Heats		8
<b>11:30 AM</b>	<b>222</b>	<b>Girls Long Jump Grade 9</b>	<b>Final</b>	<b>LJ2</b>	<b>11</b>
<b>11:35 AM</b>	<b>223</b>	<b>Girls High Jump Grade 13</b>	<b>Final</b>		<b>1</b>
<b>11:35 AM</b>	<b>224</b>	<b>Boys Shot Put Grade 13</b>	<b>Final</b>	<b>S1</b>	<b>1</b>
11:35 AM	225	Girls 100 Metre Sprint Grade 10	Heats		10
11:45 AM	226	Girls 100 Metre Sprint Grade 11	Heats		11
<b>11:55 AM</b>	<b>227</b>	<b>Girls Long Jump Grade 10</b>	<b>Final</b>	<b>LJ1</b>	<b>4</b>
11:55 AM	228	Girls 100 Metre Sprint Grade 12	Heats		6
12:00 PM	229	Girls 100 Metre Sprint Grade 14	Heats		4
12:15 PM	230	Girls 1200 Metre Race Walk Grade 12	Final		1
12:15 PM	231	Boys 1200 Metre Race Walk Grade 12	Final		1
12:30 PM	232	Girls 1200 Metre Race Walk Grade 10	Final		1
12:30 PM	233	Boys 1200 Metre Race Walk Grade 10	Final		1
<b>12:30 PM</b>	<b>234</b>	<b>Girls Discus Throw Grade 12</b>	<b>Final</b>	<b>D1</b>	<b>3</b>
1:00 PM	235	Boys 200 Metre Sprint Grade 10	Semi		3
<b>1:00 PM</b>	<b>236</b>	<b>Girls High Jump Grade 14</b>	<b>Final</b>		<b>1</b>
1:08 PM	237	Boys 200 Metre Sprint Grade 11	Semi		3
1:16 PM	238	Boys 200 Metre Sprint Grade 12	Semi		3
1:24 PM	239	Boys 200 Metre Sprint Grade 13	Semi		3
1:30 PM	240	Boys 200 Metre Sprint Grade 14	Semi		2
1:35 PM	241	Girls 100 Metre Sprint Grade 7	Final		7
1:45 PM	242	Girls 100 Metre Sprint Grade 9	Final		11
<b>1:50 PM</b>	<b>243</b>	<b>Boys Shot Put Grade 12</b>	<b>Final</b>	<b>S1</b>	<b>2</b>
1:55 PM	244	Girls 100 Metre Sprint Grade 8	Final		9
2:05 PM	245	Girls 100 Metre Sprint Grade 10	Semi		3
2:13 PM	246	Girls 100 Metre Sprint Grade 11	Semi		3
2:20 PM	247	Girls 100 Metre Sprint Grade 12	Semi		3
<b>2:20 PM</b>	<b>248</b>	<b>Girls Shot Put Grade 7</b>	<b>Final</b>	<b>S2</b>	<b>4</b>
2:25 PM	249	Girls 100 Metre Sprint Grade 13	Semi		3
<b>2:30 PM</b>	<b>250</b>	<b>Boys Long Jump Grade 13</b>	<b>Final</b>	<b>LJ1</b>	<b>3</b>
2:30 PM	251	Girls 100 Metre Sprint Grade 14	Semi		2
<b>2:35 PM</b>	<b>252</b>	<b>Girls Discus Throw Grade 10</b>	<b>Final</b>	<b>D2</b>	<b>3</b>
<b>2:40 PM</b>	<b>253</b>	<b>Girls Discus Throw Grade 11</b>	<b>Final</b>	<b>D1</b>	<b>3</b>
2:45 PM	254	Boys 200 Metre Sprint Grade 7	Final		4
2:55 PM	255	Boys 200 Metre Sprint Grade 9	Final		8
3:15 PM	256	Boys 200 Metre Sprint Grade 8	Final		8
3:30 PM	257	Girls 1500 Metre Run Grade 14	Final		1
3:37 PM	258	Girls 1500 Metre Run Grade 13	Final		1
3:42 PM	259	Girls 1500 Metre Run Grade 12	Final		1
3:47 PM	260	Girls 1500 Metre Run Grade 11	Final		1
4:00 PM	261	Girls 1500 Metre Run Grade 10	Final		1
4:05 PM	262	Boys 200 Metre Sprint Grade 10	Final		1
4:09 PM	263	Boys 200 Metre Sprint Grade 11	Final		1
4:13 PM	264	Boys 200 Metre Sprint Grade 12	Final		1
4:17 PM	265	Boys 200 Metre Sprint Grade 13	Final		1
4:24 PM	266	Boys 200 Metre Sprint Grade 14	Final		1
4:30 PM	267	Girls 100 Metre Sprint Grade 10	Final		1

4:34 PM	268	Girls 100 Metre Sprint Grade 11	Final	1
4:38 PM	269	Girls 100 Metre Sprint Grade 12	Final	1
4:42 PM	270	Girls 100 Metre Sprint Grade 13	Final	1
4:45 PM	271	Girls 100 Metre Sprint Grade 14	Final	1
4:50 PM	272	Boys 800 Metre Run Grade 10	Final	1
4:55 PM	273	Boys 800 Metre Run Grade 11	Final	1
5:00 PM	274	Boys 800 Metre Run Grade 12	Final	1
5:05 PM	275	Boys 800 Metre Run Grade 13	Final	1
5:10 PM	276	Boys 800 Metre Run Grade 14	Final	1
5:15 PM	277	Girls 4x100 Metre Relay Grade 7	Final	1
5:25 PM	278	Girls 4x100 Metre Relay Grade 8	Final	1
5:30 PM	279	Girls 4x100 Metre Relay Grade 9	Final	3
5:45 PM	280	Boys 4x100 Metre Relay Grade 12	Heats	2
6:10 PM	281	Girls 4x100 Metre Relay Grade 13	Heats	2
6:20 PM	282	Girls 4x100 Metre Relay Grade 14	Heats	2
6:35 PM	283	Boys 4x100 Metre Relay Grade 10	Final	1
6:40 PM	284	Girls 4x100 Metre Relay Grade 10	Final	1
6:45 PM	285	Boys 4x100 Metre Relay Grade 11	Final	1
6:50 PM	286	Girls 4x100 Metre Relay Grade 11	Final	1
7:00 PM	287	Boys 4x100 Metre Relay Grade 13	Heats	2
7:05 PM	288	Girls 4x100 Metre Relay Grade 12	Heats	2

### Programme - Day 3 - Sunday 7 January 2018

TIME	#	EVENT	ROUND	Heats/ Divs	
9:00 AM	301	Boys High Jump Grade 14	Final	1	
<b>9:00 AM</b>	<b>302</b>	<b>Boys Long Jump Grade 11</b>	<b>Final</b>	<b>LJ2</b>	<b>3</b>
<b>9:00 AM</b>	<b>303</b>	<b>Boys Long Jump Grade 12</b>	<b>Final</b>	<b>LJ1</b>	<b>2</b>
<b>9:00 AM</b>	<b>304</b>	<b>Boys Discus Throw Grade 13</b>	<b>Final</b>	<b>D1</b>	<b>2</b>
<b>9:00 AM</b>	<b>305</b>	<b>Boys Shot Put Grade 10</b>	<b>Final</b>	<b>S2</b>	<b>2</b>
9:00 AM	306	Girls 800 Metre Run Grade 12	Heats	2	
9:10 AM	307	Girls 800 Metre Run Grade 13	Heats	2	
9:20 AM	308	Girls 200 Metre Sprint Grade 12	Heats	5	
9:30 AM	309	Girls 200 Metre Sprint Grade 13	Heats	6	
9:40 AM	310	Girls 200 Metre Sprint Grade 14	Heats	4	
9:55 AM	311	Boys 100 Metre Sprint Grade 7	Final	6	
10:10 AM	312	Boys 100 Metre Sprint Grade 8	Final	9	
10:25 AM	313	Boys 100 Metre Sprint Grade 9	Final	10	
<b>10:30 AM</b>	<b>314</b>	<b>Girls Discus Throw Grade 9</b>	<b>Final</b>	<b>D2</b>	<b>6</b>
<b>10:30 AM</b>	<b>315</b>	<b>Girls Shot Put Grade 13</b>	<b>Final</b>	<b>S1</b>	<b>2</b>
10:40 AM	316	Boys 1500 Metre Run Grade 12	Heats	2	
10:50 AM	317	Boys 1500 Metre Run Grade 13	Heats	2	
<b>11:00 AM</b>	<b>318</b>	<b>Girls Long Jump Grade 7</b>	<b>Final</b>	<b>LJ2</b>	<b>6</b>
<b>11:00 AM</b>	<b>319</b>	<b>Boys Long Jump Grade 7</b>	<b>Final</b>	<b>LJ1</b>	<b>6</b>
<b>11:00 AM</b>	<b>320</b>	<b>Girls High Jump Grade 12</b>	<b>Final</b>	<b>H1</b>	<b>1</b>
11:00 AM	321	Girls 400 Metre Sprint Grade 10	Heats	7	
11:10 AM	322	Girls 400 Metre Sprint Grade 11	Heats	6	
<b>11:20 AM</b>	<b>323</b>	<b>Boys Discus Throw Grade 9</b>	<b>Final</b>	<b>D1</b>	<b>8</b>
<b>11:20 AM</b>	<b>324</b>	<b>Girls Shot Put Grade 8</b>	<b>Final</b>	<b>S2</b>	<b>5</b>
11:20 AM	325	Boys 400 Metre Sprint Grade 10	Heats	5	
11:35 AM	326	Boys 400 Metre Sprint Grade 11	Heats	6	
11:55 AM	327	Boys 100 Metre Sprint Grade 12	Heats	6	
12:10 PM	328	Boys 100 Metre Sprint Grade 13	Heats	4	
12:18 PM	329	Boys 100 Metre Sprint Grade 14	Heats	4	
12:35 PM	330	Girls 2000 Metre Race Walk Grade 14	Final	1	
12:35 PM	331	Boys 2000 Metre Race Walk Grade 14	Final	1	

12:35 PM	332	Girls 1200 Metre Race Walk Grade 11	Final		1
12:35 PM	333	Boys 1200 Metre Race Walk Grade 11	Final		1
<b>1:00 PM</b>	<b>334</b>	<b>Boys High Jump Grade 10</b>	<b>Final</b>	<b>H1</b>	<b>1</b>
<b>1:30 PM</b>	<b>335</b>	<b>Girls Long Jump Grade 11</b>	<b>Final</b>	<b>LJ1</b>	<b>3</b>
<b>1:30 PM</b>	<b>336</b>	<b>Boys Shot Put Grade 11</b>	<b>Final</b>	<b>S1</b>	<b>2</b>
<b>1:30 PM</b>	<b>337</b>	<b>Boys Shot Put Grade 8</b>	<b>Final</b>	<b>S2</b>	<b>6</b>
1:35 PM	338	Girls 60 Metre Sprint Grade 7	Final		6
1:50 PM	339	Girls 60 Metre Sprint Grade 8	Final		8
2:00 PM	340	Girls 60 Metre Sprint Grade 9	Final		10
2:15 PM	341	Girls 200 Metre Sprint Grade 12	Semi		3
2:25 PM	342	Girls 200 Metre Sprint Grade 13	Semi		3
2:30 PM	343	Girls 200 Metre Sprint Grade 14	Semi		2
2:35 PM	344	Boys 100 Metre Sprint Grade 12	Semi		3
2:45 PM	345	Boys 100 Metre Sprint Grade 13	Semi		2
2:55 PM	346	Boys 100 Metre Sprint Grade 14	Semi		2
3:00 PM	347	Girls 400 Metre Sprint Grade 10	Final		1
3:05 PM	348	Boys 400 Metre Sprint Grade 10	Final		1
<b>3:10 PM</b>	<b>349</b>	<b>Girls Discus Throw Grade 14</b>	<b>Final</b>	<b>D1</b>	<b>1</b>
3:10 PM	350	Girls 400 Metre Sprint Grade 11	Final		1
3:15 PM	351	Boys 400 Metre Sprint Grade 11	Final		1
3:20 PM	352	Girls 800 Metre Run Grade 12	Final		1
3:25 PM	353	Girls 800 Metre Run Grade 13	Final		1
<b>3:30 PM</b>	<b>354</b>	<b>Girls Shot Put Grade 10</b>	<b>Final</b>	<b>S2</b>	<b>2</b>
3:30 PM	355	Girls 800 Metre Run Grade 14	Final		1
3:35 PM	356	Girls 200 Metre Sprint Grade 12	Final		1
3:40 PM	357	Girls 200 Metre Sprint Grade 13	Final		1
3:45 PM	358	Girls 200 Metre Sprint Grade 14	Final		1
3:50 PM	359	Boys 1500 Metre Run Grade 12	Final		1
3:57 PM	360	Boys 1500 Metre Run Grade 13	Final		1
4:04 PM	361	Boys 1500 Metre Run Grade 14	Final		1
4:15 PM	362	Boys 100 Metre Sprint Grade 12	Final		1
4:19 PM	363	Boys 100 Metre Sprint Grade 13	Final		1
4:23 PM	364	Boys 100 Metre Sprint Grade 14	Final		1
4:30 PM	365	Mixed Distance Medley Grade 10	Final		1
4:37 PM	367	Mixed Distance Medley Grade 11	Final		2
4:52 PM	368	Girls 4x100 Metre Relay Grade 12	Final		1
4:57 PM	369	Boys 4x100 Metre Relay Grade 12	Final		1
5:05 PM	370	Girls 4x100 Metre Relay Grade 13	Final		1
5:10 PM	371	Boys 4x100 Metre Relay Grade 13	Final		1
5:15 PM	372	Girls 4x100 Metre Relay Grade 14	Final		1
5:20 PM	373	Boys 4x100 Metre Relay Grade 14	Final		1

