

Programme Day 1 - Friday 10 January 2020

Time	Event No	Event	Round	Heats/ Div
TRACK				
9:00 AM	#101	Girls 400 Metre Sprint Grade 12	Heats	4
9:15 AM	#102	Girls 400 Metre Sprint Grade 13	Heats	3
9:30 AM	#103	Girls 400 Metre Sprint Grade 14	Heats	3
9:40 AM	#104	Girls 800 Metre Run Grade 10	Heats	2
9:50 AM	#105	Girls 800 Metre Run Grade 11	Heats	2
10:00 AM	#106	Girls 200 Metre Sprint Grade 10	Heats	6
10:15 AM	#107	Girls 200 Metre Sprint Grade 11	Heats	7
10:30 AM	#108	Boys 400 Metre Sprint Grade 14	Heats	3
10:30 AM	#109	Boys 400 Metre Sprint Para	Finals	
10:40 AM	#110	Boys 400 Metre Sprint Grade 13	Heats	3
10:55 AM	#111	Boys 400 Metre Sprint Grade 12	Heats	5
11:10 AM	#112	Boys 100 Metre Sprint Grade 10	Heats	6
11:20 AM	#113	Boys 100 Metre Sprint Grade 11	Heats	7
11:35 AM	#114	Boys 60 Metre Sprint Grade 7	Finals	7
11:45 AM	#115	Boys 60 Metre Sprint Grade 8	Finals	8
11:55 AM	#116	Boys 60 Metre Sprint Grade 9	Finals	8
12:10 PM	#117	Girls 1600 Metre Race Walk Grade 13	Finals	
12:10 PM	#118	Boys 1600 Metre Race Walk Grade 13	Finals	
12:40 PM	#119	Boys 100 Metre Hurdles Grade 14	Heats	2
12:50 PM	#120	Girls 80 Metre Hurdles Grade 12	Heats	3
12:55 PM	#121	Boys 80 Metre Hurdles Grade 12	Heats	2
1:01 PM	#122	Girls 80 Metre Hurdles Grade 13	Heats	2
1:07 PM	#123	Boys 80 Metre Hurdles Grade 13	Heats	3
1:11 PM	#124	Girls 80 Metre Hurdles Grade 14	Heats	2
1:40 PM	#125	Girls 200 Metre Sprint Grade 7	Finals	4
1:50 PM	#126	Girls 200 Metre Sprint Grade 8	Finals	6
2:00 PM	#127	Girls 200 Metre Sprint Grade 9	Finals	7
2:10 PM	#128	Girls 200 Metre Sprint Grade 11	Semis	3
2:15 PM	#129	Girls 200 Metre Sprint Grade 10	Semis	3
2:25 PM	#130	Boys 100 Metre Sprint Grade 10	Semis	3
2:30 PM	#131	Boys 100 Metre Sprint Grade 11	Semis	3
2:45 PM	#132	Girls 400 Metre Sprint Grade 12	Finals	
2:50 PM	#133	Girls 400 Metre Sprint Grade 13	Finals	
2:55 PM	#134	Girls 400 Metre Sprint Grade 14	Finals	
3:05 PM	#135	Boys 4x100 Metre Relay Grade 9	Finals	
3:15 PM	#136	Boys 4x100 Metre Relay Grade 8	Finals	
3:25 p.m.	#185	Boys 4x100 Metre Relay Grade 7	Finals	
3:35 PM	#137	Boys 400 Metre Sprint Grade 12	Finals	
3:40 PM	#138	Boys 400 Metre Sprint Grade 13	Finals	
3:45 PM	#139	Boys 400 Metre Sprint Grade 14	Finals	

3:50 PM	#140	Girls 800 Metre Run Grade 10	Finals
3:55 PM	#141	Girls 800 Metre Run Grade 11	Finals
4:05 PM	#142	Boys 1500 Metre Run Grade 10	Finals
4:15 PM	#143	Boys 1500 Metre Run Grade 11	Finals
4:25 PM	#144	Girls 200 Metre Sprint Grade 10	Finals
4:28 PM	#145	Girls 200 Metre Sprint Grade 11	Finals
4:33 PM	#146	Boys 100 Metre Sprint Grade 10	Finals
4:36 PM	#147	Boys 100 Metre Sprint Grade 11	Finals
4:50 PM	#148	Boys 100 Metre Hurdles Grade 14	Finals
4:55 PM	#149	Girls 80 Metre Hurdles Grade 14	Finals
4:58 PM	#150	Boys 80 Metre Hurdles Grade 13	Finals
5:01 PM	#151	Girls 80 Metre Hurdles Grade 13	Finals
5:04 PM	#152	Boys 80 Metre Hurdles Grade 12	Finals
5:07 PM	#153	Girls 80 Metre Hurdles Grade 12	Finals
5:20 PM	#154	Girls 4x100 Metre Relay Grade 11	Heats
5:25 PM	#155	Boys 4x100 Metre Relay Grade 10	Heats
5:30 PM	#156	Boys 4x100 Metre Relay Grade 11	Heats
5:40 PM	#157	Mixed Distance Medley Grade 12	Finals
5:55 PM	#158	Mixed Distance Medley Grade 13	Finals
6:10 PM	#159	Mixed Distance Medley Grade 14	Finals

Time	Event No	Event	Round	Heats/ Div
FIELD				
9:00 AM	#160	Boys Discus Throw Grade 7 All Div	Finals	DT2 5
9:00 AM	#161	Boys Discus Throw Grade 10 Div 1	Finals	DT1 2
9:00 AM	#162	Boys High Jump Grade 12	Finals	1
9:00 AM	#163	Girls Long Jump Grade 8 Div 1,2,3,4	Finals	LJ1 8
9:00 AM	#164	Boys Long Jump Grade 8 Div 1,2,3,4	Finals	LJ2 8
9:00 AM	#165	Boys Shot Put Grade 14	Finals	SP1 1
9:00 AM	#166	Boys Shot Put Grade 9 All Div	Finals	SP2 5
9:30AM	#161	Boys Discus Throw Grade 10 Div 2	Finals	DT1
9:30AM	#163	Girls Long Jump Grade 8 Div 5,6,7,8	Finals	LJ1 8
9:30AM	#164	Boys Long Jump Grade 8 Div 5,6,7,8	Finals	LJ2 8
10:55 AM	#167	Girls Discus Throw Grade 13	Finals	DT1 1
10:55 AM	#168	Boys Discus Throw Grade 11 Div 1	Finals	DT2 2
11:00 AM	#169	Girls Long Jump Grade 12 Div 1	Finals	LJ1 3
11:00 AM	#170	Girls Shot Put Grade 14	Finals	SP1 1
11:00 AM	#171	Girls Shot Put Para	Finals	SP1 1
11:00 AM	#172	Girls Shot Put Grade 9 Div 1,2,3	Finals	SP2 6
11:00 AM	#173	Girls High Jump Grade 11	Finals	1
11:25 a.m.	#169	Girls Long Jump Grade 12 Div 2	Finals	LJ1 3
11:25 a.m.	#172	Girls Shot Put Grade 9 Div 4,5,6	Finals	SP2 6
11:30 AM	#174	Girls Long Jump Grade 13 Div 1	Finals	LJ2 2
11:30 a.m.	#168	Boys Discus Throw Grade 11 Div 2	Finals	DT2 2
11:50 a.m.	#169	Girls Long Jump Grade 12 Div 3	Finals	LJ1 3

11:55 a.m.	#174	Girls Long Jump Grade 13 Div 2	Finals	LJ2	2
1:00 p.m.	#175	Girls High Jump Grade 10	Finals		1
2:00 PM	#176	Boys Discus Throw Grade 12 Div 1	Finals	DT1	2
2:00 PM	#177	Girls Shot Put Grade 12	Finals	SP1	2
2:00 PM	#178	Boys Long Jump Grade 14	Finals	LJ1	1
2:00 PM	#179	Boys Long Jump Para	Finals	LJ1	1
2:30 PM	#180	Girls Shot Put Grade 11 Div 1	Finals	SP2	2
2:30 p.m.	#176	Boys Discus Throw Grade 12 Div 2	Finals	DT1	2
2:35 PM	#182	Girls Discus Throw Grade 7 All Div	Finals	DT2	3
2:50 p.m.	#180	Girls Shot Put Grade 11 Div 2	Finals	SP2	2
3:00PM	#181	Boys High Jump Grade 13	Finals		1
3:05 PM	#183	Girls Long Jump Grade 14	Finals	LJ2	1
3:05 PM	#184	Girls Long Jump Para	Finals	LJ2	1

Programme Day 2 - Saturday 11th January 2020

Time	Event No	Event	Round	Heats /Div
TRACK				
9:00 AM	#201	Boys 200 Metre Sprint Grade 10	Heats	6
9:15 AM	#202	Boys 200 Metre Sprint Grade 11	Heats	6
9:30 AM	#203	Boys 200 Metre Sprint Grade 12	Heats	4
9:40 AM	#204	Boys 200 Metre Sprint Grade 13	Heats	4
9:50 AM	#205	Boys 200 Metre Sprint Grade 14	Heats	4
9:50 AM	#206	Boys 200 Metre Sprint Para	Finals	
10:10 AM	#207	Boys 800 Metre Run Grade 12	Heats	2
10:20 a.m.	#208	Boys 800 Metre Run Grade 10	Heats	2
10:40 a.m.	#210	Girls 100 Metre Sprint Grade 13	Heats	5
10:50 a.m.	#211	Girls 100 Metre Sprint Grade 10	Heats	7
11:05 AM	#212	Girls 100 Metre Sprint Grade 11	Heats	9
11:15 AM	#213	Girls 100 Metre Sprint Grade 12	Heats	6
11:25 AM	#214	Girls 100 Metre Sprint Grade 14	Heats	3
11:25 AM	#215	Girls 100 Metre Sprint Para	Finals	
11:40 AM	#216	Boys 800 Metre Run Grade 11	Heats	2
11:55 AM	#217	Girls 1200 Metre Race Walk Grade 12	Finals	
11:55 AM	#218	Boys 1200 Metre Race Walk Grade 12	Finals	
12:10 PM	#219	Girls 1200 Metre Race Walk Grade 10	Finals	
12:10 PM	#220	Boys 1200 Metre Race Walk Grade 10	Finals	
12:40 PM	#221	Boys 200 Metre Sprint Grade 10	Semis	3
12:46 PM	#222	Boys 200 Metre Sprint Grade 11	Semis	3
12:52 PM	#223	Boys 200 Metre Sprint Grade 12	Semis	2
12:58 PM	#224	Boys 200 Metre Sprint Grade 13	Semis	2
1:04 PM	#225	Boys 200 Metre Sprint Grade 14	Semis	2
1:10 PM	#226	Girls 100 Metre Sprint Grade 7	Finals	5
1:25 PM	#227	Girls 100 Metre Sprint Grade 9	Finals	8
1:40 PM	#228	Girls 100 Metre Sprint Grade 8	Finals	9
1:50 PM	#229	Girls 100 Metre Sprint Grade 10	Semis	3
1:56 PM	#230	Girls 100 Metre Sprint Grade 11	Semis	3
2:02 PM	#231	Girls 100 Metre Sprint Grade 12	Semis	3
2:08 PM	#232	Girls 100 Metre Sprint Grade 13	Semis	3
2:14 PM	#233	Girls 100 Metre Sprint Grade 14	Semis	2
2:25 PM	#234	Boys 200 Metre Sprint Grade 7	Finals	6
2:35 PM	#235	Boys 200 Metre Sprint Grade 8	Finals	6
2:45 PM	#236	Boys 200 Metre Sprint Grade 9	Finals	7
3:00 PM	#237	Girls 1500 Metre Run Grade 14	Finals	
3:07 PM	#238	Girls 1500 Metre Run Grade 13	Finals	
3:21 PM	#239	Girls 1500 Metre Run Grade 12	Finals	
3:21 AM	#240	Girls 1500 Metre Run Para	Finals	

3:28 PM	#241	Girls 1500 Metre Run Grade 11	Finals
3:35 PM	#242	Girls 1500 Metre Run Grade 10	Finals
3:45 PM	#243	Boys 200 Metre Sprint Grade 10	Finals
3:48 PM	#244	Boys 200 Metre Sprint Grade 11	Finals
3:51 PM	#245	Boys 200 Metre Sprint Grade 12	Finals
3:54 PM	#246	Boys 200 Metre Sprint Grade 13	Finals
3:57 PM	#247	Boys 200 Metre Sprint Grade 14	Finals
4:05 PM	#248	Girls 100 Metre Sprint Grade 10	Finals
4:08 PM	#249	Girls 100 Metre Sprint Grade 11	Finals
4:11 PM	#250	Girls 100 Metre Sprint Grade 12	Finals
4:14 PM	#251	Girls 100 Metre Sprint Grade 13	Finals
4:17 PM	#252	Girls 100 Metre Sprint Grade 14	Finals
4:25 PM	#253	Boys 800 Metre Run Grade 10	Finals
4:30 PM	#254	Boys 800 Metre Run Grade 11	Finals
4:35 PM	#255	Boys 800 Metre Run Grade 12	Finals
4:40 PM	#256	Boys 800 Metre Run Grade 13	Finals
4:45 PM	#257	Boys 800 Metre Run Grade 14	Finals
4:55 PM	#258	Girls 4x100 Metre Relay Grade 7	Finals
5:05 PM	#259	Girls 4x100 Metre Relay Grade 8	Finals
5:15 PM	#260	Girls 4x100 Metre Relay Grade 9	Finals
5:35 PM	#261	Girls 4x100 Metre Relay Grade 14	Heats
5:45 PM	#262	Boys 4x100 Metre Relay Grade 10	Finals
5:50 PM	#263	Girls 4x100 Metre Relay Grade 10	Finals
6:00 PM	#264	Boys 4x100 Metre Relay Grade 11	Finals
6:05 PM	#265	Girls 4x100 Metre Relay Grade 11	Finals
6:10 PM	#266	Girls 4x100 Metre Relay Grade 12	Heats
6:20 PM	#267	Girls 4x100 Metre Relay Grade 13	Heats
6:30 PM	#268	Boys 4x100 Metre Relay Grade 13	Heats

Time	Event No	Event	Round	Heats /Div
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FIELD

9:00 AM	#269	Boys Shot Put Grade 7 All Div	Finals	SP 2	5
9:00 AM	#270	Boys Discus Throw Grade 8 All Div	Finals	DT 2	5
9:00 AM	#271	Boys Long Jump Grade 9 Div 1,2,3,4	Finals	LJ 2	8
9:30 AM	#272	Boys Long Jump Grade 10 Div 1	Finals	LJ 1	3
9:30 AM	#271	Boys Long Jump Grade 9 Div 5,6,7,8	Finals	LJ 2	8
9:35 AM	#273	Boys High Jump Grade 11	Finals		1
9:35 a.m.	#272	Boys Long Jump Grade 10 Div 2	Finals	LJ 1	3
10:20 AM	#274	Boys Discus Throw Grade 14	Finals	DT 1	1
10:20 AM	#275	Boys Discus Throw Para	Finals	DT 1	1
10:20 AM	#272	Boys Long Jump Grade 10 Div 3	Finals	LJ 1	3
11:00 AM	#276	Girls Discus Throw Grade 8 All Div	Finals	DT 2	5

11:00 AM	#277	Boys Shot Put Grade 13	Finals	SP 1	1
11:30 AM	#278	Girls Long Jump Grade 9 Div 1,2,3,4	Finals	LJ 2	8
11:50 AM	#279	Girls Long Jump Grade 10 Div 1	Finals	LJ 1	3
12:20PM	#279	Girls Long Jump Grade 10 Div 2	Finals	LJ 1	3
12:30 p.m.	#278	Girls Long Jump Grade 9 Div 5,6,7,8	Finals	LJ 2	8
12:30 PM	#280	Girls Discus Throw Grade 12 Div 1	Finals	DT 1	2
12:30 PM	#281	Girls High Jump Grade 13	Finals		1
12:50 p.m.	#279	Girls Long Jump Grade 10 Div 3	Finals	LJ 1	3
1:00 p.m.	#280	Girls Discus Throw Grade 12 Div 2	Finals	DT 1	2
1:40 PM	#282	Boys Shot Put Grade 12	Finals	SP 1	1
2:00 PM	#283	Girls High Jump Grade 14	Finals		1
2:10 PM	#284	Girls Shot Put Grade 7 All Div	Finals	SP 2	3
2:30 PM	#285	Boys Long Jump Grade 13 Div 1	Finals	LJ 2	2
2:35 PM	#286	Girls Discus Throw Grade 11 Div 1	Finals	DT 1	2
2:40 PM	#287	Girls Discus Throw Grade 10 Div 1	Finals	DT2	2
3:00 p.m.	#285	Boys Long Jump Grade 13 Div 2	Finals	LJ 2	2
3:05 p.m.	#286	Girls Discus Throw Grade 11 Div 2	Finals	DT 1	2
3:10 p.m.	#287	Girls Discus Throw Grade 10 Div 2	Finals	DT2	2

Programme Day 3 - Sunday 12th January 2020

Time	Event No	Event	Round	Heats /Div
TRACK				
9:10 AM	#301	Girls 800 Metre Run Grade 13	Heats	2
9:30 AM	#302	Girls 200 Metre Sprint Grade 12	Heats	5
9:40 a.m.	#303	Girls 200 Metre Sprint Grade 13	Heats	4
9:50 a.m.	#304	Girls 200 Metre Sprint Grade 14	Heats	3
9:50 a.m.	#305	Girls 200 Metre Sprint Para	Finals	1
10:00 a.m.	#306	Boys 100 Metre Sprint Grade 7	Finals	8
10:10 AM	#307	Boys 100 Metre Sprint Grade 8	Finals	8
10:20 AM	#308	Boys 100 Metre Sprint Grade 9	Finals	9
10:40 AM	#309	Girls 400 Metre Sprint Grade 10	Heats	6
10:52 AM	#310	Girls 400 Metre Sprint Grade 11	Heats	5
11:02 a.m.	#311	Boys 400 Metre Sprint Grade 10	Heats	5
11:12 AM	#312	Boys 400 Metre Sprint Grade 11	Heats	6
11:25 AM	#313	Boys 100 Metre Sprint Grade 12	Heats	4
11:35 a.m.	#314	Boys 100 Metre Sprint Grade 13	Heats	5
11:45 a.m.	#315	Boys 100 Metre Sprint Grade 14	Heats	4
11:45 a.m.	#316	Boys 100 Metre Sprint Para	Finals	
11:55AM	#317	Girls 2000 Metre Race Walk Grade 14	Finals	
11:55AM	#318	Boys 2000 Metre Race Walk Grade 14	Finals	
12:10 p.m.	#319	Girls 1200 Metre Race Walk Grade 11	Finals	
12:10 PM	#320	Boys 1200 Metre Race Walk Grade 11	Finals	
1:05 PM	#321	Girls 60 Metre Sprint Grade 7	Finals	6
1:15 p.m.	#322	Girls 60 Metre Sprint Grade 8	Finals	8
1:30 PM	#323	Girls 60 Metre Sprint Grade 9	Finals	8
1:45 PM	#324	Girls 200 Metre Sprint Grade 12	Semis	3
1:51 PM	#325	Girls 200 Metre Sprint Grade 13	Semis	2
1:57 PM	#326	Girls 200 Metre Sprint Grade 14	Semis	2
2:03 PM	#327	Boys 100 Metre Sprint Grade 12	Semis	2
2:09 PM	#328	Boys 100 Metre Sprint Grade 13	Semis	3
2:15 PM	#329	Boys 100 Metre Sprint Grade 14	Semis	2
2:30 PM	#330	Boys 400 Metre Sprint Grade 10	Finals	
2:33 PM	#331	Girls 400 Metre Sprint Grade 10	Finals	
2:36 PM	#332	Boys 400 Metre Sprint Grade 11	Finals	
2:39 PM	#333	Girls 400 Metre Sprint Grade 11	Finals	
2:42 PM	#334	Girls 800 Metre Run Grade 12	Finals	
2:47 PM	#335	Girls 800 Metre Run Grade 13	Finals	
2:52 PM	#336	Girls 800 Metre Run Grade 14	Finals	
3:00 PM	#337	Girls 200 Metre Sprint Grade 12	Finals	
3:03 PM	#338	Girls 200 Metre Sprint Grade 13	Finals	

3:06 PM	#339	Girls 200 Metre Sprint Grade 14	Finals
3:10 PM	#340	Boys 1500 Metre Run Grade 12	Finals
3:17 PM	#341	Boys 1500 Metre Run Grade 13	Finals
3:24 PM	#342	Boys 1500 Metre Run Grade 14	Finals
3:35 PM	#343	Boys 100 Metre Sprint Grade 12	Finals
3:37 PM	#344	Boys 100 Metre Sprint Grade 13	Finals
3:40 PM	#345	Boys 100 Metre Sprint Grade 14	Finals
3:55 PM	#346	Mixed Distance Medley Grade 10	Finals
4:15 PM	#347	Mixed Distance Medley Grade 11	Finals
4:35 PM	#348	Girls 4x100 Metre Relay Grade 12	Finals
4:40 PM	#349	Boys 4x100 Metre Relay Grade 12	Finals
4:45 PM	#350	Girls 4x100 Metre Relay Grade 13	Finals
4:50 PM	#351	Boys 4x100 Metre Relay Grade 13	Finals
4:55 PM	#352	Girls 4x100 Metre Relay Grade 14	Finals
5:00 PM	#354	Boys 4x100 Metre Relay Grade 14	Finals

Time	Event No	Event	Round	Heats /Div
FIELD				
9:00 AM	#355	Boys High Jump Grade 14	Finals	
9:00 AM	#356	Boys Long Jump Grade 11 Div 1	Finals	LJ 1 3
9:00 AM	#357	Boys Long Jump Grade 12 Div 1	Finals	LJ 2 2
9:00 AM	#358	Boys Discus Throw Grade 13 Div 1	Finals	DT 1 2
9:00 AM	#359	Boys Shot Put Grade 10 Div 1	Finals	SP 2 2
9:25 a.m.	#358	Boys Discus Throw Grade 13 Div 2	Finals	DT 1 2
9:25 a.m.	#359	Boys Shot Put Grade 10 Div 2	Finals	SP 2 2
9:30 a.m.	#356	Boys Long Jump Grade 11 Div 2	Finals	LJ 1 3
9:30 a.m.	#357	Boys Long Jump Grade 12 Div 2	Finals	LJ 2 2
10:00 a.m.	#356	Boys Long Jump Grade 11 Div 3	Finals	LJ 1 3
10:30 AM	#360	Girls Discus Throw Grade 9 Div 1,2,3	Finals	DT 2 6
10:30 AM	#361	Girls Shot Put Grade 13	Finals	SP 1
10:55 a.m.	#360	Girls Discus Throw Grade 9 Div 4,5,6	Finals	DT 2 6
11:00 AM	#362	Girls Long Jump Grade 7 All Div	Finals	LJ 2 5
11:00 AM	#364	Girls High Jump Grade 12	Finals	1
11:20 AM	#365	Boys Discus Throw Grade 9 Div 1,2,3	Finals	DT 1 6
11:20 AM	#366	Girls Shot Put Grade 8 Div 1,2,3,4	Finals	SP 2 7
11:30 a.m.	#363	Boys Long Jump Grade 7 Div 1,2,3,4	Finals	LJ 1 7
11:45 a.m.	#365	Boys Discus Throw Grade 9 Div 4,5,6	Finals	DT 1 6
11:45 a.m.	#366	Girls Shot Put Grade 8 Div 5,6,7	Finals	SP 2 7
11:55 a.m.	#363	Boys Long Jump Grade 7 Div 5,6,7	Finals	LJ 1 7
1:00 PM	#367	Boys High Jump Grade 10	Finals	
1:30 PM	#368	Girls Long Jump Grade 11 Div 1	Finals	LJ 2 3
1:30 PM	#369	Boys Shot Put Grade 11 Div 1	Finals	SP 1 2

1:30 PM	#370	Boys Shot Put Grade 8 All Div	Finals	SP 2	4
1:55 p.m.	#368	Girls Long Jump Grade 11 Div 2	Finals	LJ 2	3
1:55 p.m.	#369	Boys Shot Put Grade 11 Div 2	Finals	SP 1	2
2:25 p.m.	#368	Girls Long Jump Grade 11 Div 2	Finals	LJ 2	3
2:30 PM	#371	Girls Discus Throw Grade 14	Finals	DT 1	
2:30 PM	#372	Girls Discus Throw Para	Finals	DT 1	
2:30 p.m.	#373	Girls Shot Put Grade 10 Div 1	Finals	SP 2	2
2:50 p.m.	#373	Girls Shot Put Grade 10 Div 2	Finals	SP 2	2