

METROPOLITAN EAST 10 – 19 YRS TRACK & FIELD TRIAL 2024 PROGRAMME OF EVENTS

Track Events: DAY 1 – THURSDAY 22 August 2024

[MC] – Multi Class Event

100 METRES

8:30am	Event 1	10yrs 100m	Boys	Final
8:30am	Event 2	10yrs 100m	Girls	Final
8:30am	Event 3	11yrs 100m	Boys	Final
8:30am	Event 4	11yrs 100m	Girls	Final
8:30am	Event 5	12yrs 100m	Boys	Final
8:30am	Event 6	12yrs 100m	Girls	Final
9:00am	Event 7	13yrs 100m	Boys	Final
9:00am	Event 8	13yrs 100m	Girls	Final
9:00am	Event 9	14yrs 100m	Boys	Final
9:00am	Event 10	14yrs 100m	Girls	Final
9.20am	Event 11	15yrs 100m	Boys	Final
9.20am	Event 12	15yrs 100m	Girls	Final
9.20am	Event 13	16yrs 100m	Boys	Final
9.20am	Event 14	16yrs 100m	Girls	Final
9:40am	Event 15	17yrs 100m	Boys	Final
9:40am	Event 16	17yrs 100m	Girls	Final
9:40am	Event 17	18 – 19yrs 100m	Boys	Final
9:40am	Event 18	18 – 19yrs 100m	Girls	Final
10:00am	Event 19	10 – 12yrs 100m MC	Boys	Final
10:00am	Event 20	10 – 12yrs 100m MC	Girls	Final
10:00am	Event 21	13 – 19yrs 100m MC	Boys	Final
10:00am	Event 22	13 – 19yrs 100m MC	Girls	Final

100 METRE MULTI – EVENT

10:45am	Event 23	10 – 12yrs Multi Event 100m	Boys	Finals
10:45am	Event 24	10 – 12yrs Multi Event 100m	Girls	Finals

400 METRES

11:15am	Event 25	13yrs 400m	Boys	Finals
11:15am	Event 26	13yrs 400m	Girls	Finals
11:15am	Event 27	14yrs 400m	Boys	Finals
11:15am	Event 28	14yrs 400m	Girls	Finals
11:35am	Event 29	15yrs 400m	Boys	Finals
11:35am	Event 30	15yrs 400m	Girls	Finals
11:35am	Event 31	16yrs 400m	Boys	Finals
11:35am	Event 32	16yrs 400m	Girls	Finals
11:55am	Event 33	17yrs 400m	Boys	Finals
11:55am	Event 34	17yrs 400m	Girls	Finals
11:55am	Event 35	18 – 19yrs 400m	Boys	Finals
11:55am	Event 36	18 – 19yrs 400m	Girls	Finals
12:15pm	Event 37	13 – 19yrs 400m MC	Boys	Finals
12:15pm	Event 38	13 – 19yrs 400m MC	Girls	Finals

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Track Events: DAY 1 – THURSDAY 22 August 2024

[MC] – Multi Class Event

1500 METRES

1:45pm	Event 57	10yrs 1500m	Boys	Finals
1:45pm	Event 58	10yrs 1500m	Girls	Finals
1:45pm	Event 59	11yrs 1500m	Boys	Finals
1:45pm	Event 60	11yrs 1500m	Girls	Finals
2:15pm	Event 61	12yrs 1500m	Boys	Finals
2:15pm	Event 62	12yrs 1500m	Girls	Finals
2:15pm	Event 63	13yrs 1500m	Boys	Finals
2:15pm	Event 64	13yrs 1500m	Girls	Finals
2:45pm	Event 65	14yrs 1500m	Boys	Finals
2:45pm	Event 66	14yrs 1500m	Girls	Finals
2:45pm	Event 67	15yrs 1500m	Boys	Finals
2:45pm	Event 68	15yrs 1500m	Girls	Finals
3:15pm	Event 69	16yrs 1500m	Boys	Finals
3:15pm	Event 70	16yrs 1500m	Girls	Finals
3:15pm	Event 71	17yrs 1500m	Boys	Finals
3:15pm	Event 72	17yrs 1500m	Girls	Finals
3:15pm	Event 73	18 – 19yrs 1500m	Boys	Finals
3:15pm	Event 74	18 – 19yrs 1500m	Girls	Finals
3:15pm	Event 75	13 – 19yrs 1500m MC	Boys	Finals
3:15pm	Event 76	13 – 19yrs 1500m MC	Girls	Finals

METROPOLITAN EAST 10 – 19 YRS TRACK & FIELD TRIAL 2024 PROGRAMME OF EVENTS

Field Events: DAY 1 – THURSDAY 22 August 2024

[MC] – Multi Class

8:30am	Event 77	13yrs Discus	Girls	D2 Nth
8:30am	Event 78	13yrs Javelin	Boys	J2 Nth
8:30am	Event 79	12yrs High Jump	Boys	HJ2 Sth
8:30am	Event 80	12yrs High Jump	Girls	HJ1 Nth
8:30am	Event 81	14yrs Shot Put	Boys	SP1
8:30am	Event 82	14yrs Shot Put	Girls	SP2
8:30am	Event 83	16yrs Long Jump	Boys	LJ2 Sth
8:30am	Event 84	16yrs Long Jump	Girls	LJ1 Nth
8:30am	Event 85	17yrs Long Jump	Boys	LJ2 Sth
8:30am	Event 86	17yrs Long Jump	Girls	LJ1 Nth
8:30am	Event 87	18 – 19yrs Long Jump	Boys	LJ2 Sth
8:30am	Event 87	16 – 19yrs Long Jump MC	Boys	LJ2 Sth
8:30am	Event 88	18 – 19yrs Long Jump	Girls	LJ1 Nth
8:30am	Event 88	18 – 19yrs Long Jump MC	Girls	LJ1 Nth
9:45am	Event 89	11yrs Discus	Boys	D1 Sth
9:45am	Event 90	11yrs Discus	Girls	D2 Nth
9:45am	Event 91	17yrs Javelin	Boys	J2 Nth
9:45am	Event 92	18 – 19yrs Javelin	Boys	J2 Nth
9:45am	Event 92	16 – 19yrs Javelin MC	Boys	J2 Nth
9:45am	Event 93	13yrs Long Jump	Boys	LJ2 Sth
9:45am	Event 94	13yrs Long Jump	Girls	LJ1 Nth
11:00am	Event 95	17yrs Discus	Boys	D1 Sth
11:00am	Event 96	17yrs Discus	Girls	D2 Nth
11:00am	Event 97	18 – 19yrs Discus	Boys	D1 Sth
11:00am	Event 97	16 – 19yrs Discus MC	Boys	D1 Sth
11:00am	Event 98	18 – 19yrs Discus	Girls	D2 Nth
11:00am	Event 98	16 – 19yrs Discus MC	Girls	D2 Nth
11:00am	Event 99	10yrs High Jump	Boys	HJ2 Sth
11:00am	Event 100	10yrs High Jump	Girls	HJ1 Nth
11:00am	Event 101	11yrs Long Jump	Boys	LJ2 Sth
11:00am	Event 102	11yrs Long Jump	Girls	LJ1 Nth
11:00am	Event 103	12yrs Shot Put	Boys	SP1
11:00am	Event 104	12yrs Shot Put	Girls	SP2
12:15pm	Event 105	14yrs Discus	Boys	D1 Sth
12:15pm	Event 106	14yrs Javelin	Girls	J2 Sth
12:15pm	Event 107	10 – 12yrs Multi Event Shot Put	Boys	SP1
12:15pm	Event 108	10 – 12yrs Multi Event Shot Put	Girls	SP2
1:30pm	Event 109	16yrs Discus	Boys	D1 Sth
1:30pm	Event 110	16yrs Javelin	Girls	J2 Sth
1:30pm	Event 111	17yrs Javelin	Girls	J2 Sth
1:30pm	Event 112	18 – 19yrs Javelin	Girls	J2 Nth
1:30pm	Event 112	16 – 19yrs Javelin MC	Girls	J2 Nth
1:30pm	Event 113	14yrs Long Jump	Boys	LJ2 Sth
1:30pm	Event 114	14yrs Long Jump	Girls	LJ1 Nth
1:30pm	Event 115	15yrs Long Jump	Boys	LJ2 Sth
1:30pm	Event 115	13 - 15yrs Long Jump MC	Boys	LJ2 Sth
1:30pm	Event 116	15yrs Long Jump	Girls	LJ1 Nth
1:30pm	Event 116	13 - 15yrs Long Jump MC	Girls	LJ1 Nth
1:30pm	Event 117	10yrs Shot Put	Boys	SP1
1:30pm	Event 118	10yrs Shot Put	Girls	SP2

2:45pm	Event 119	15yrs Discus	Girls	D2 Sth
2:45pm	Event 119	13 - 15yrs Discus MC	Girls	D2 Sth
2:45pm	Event 120	15yrs Javelin	Boys	J2 Nth
2:45pm	Event 120	13 - 15yrs Javelin MC	Boys	J2 Nth
2:45pm	Event 121	14yrs High Jump	Boys	HJ2 Sth
2:45pm	Event 122	14yrs High Jump	Girls	HJ1 Nth

METROPOLITAN EAST 10 – 19 YRS TRACK & FIELD TRIAL 2024 PROGRAMME OF EVENTS

Track Events: DAY 2 – FRIDAY 23 August 2024

[MC] – Multi Class Event

3000m/5000m

8:15am	Event 123	14yrs 3000m	Boys	Finals
8:15am	Event 124	14yrs 3000m	Girls	Finals
8:15am	Event 125	15yrs 3000m	Boys	Finals
8:15am	Event 126	15yrs 3000m	Girls	Finals
8:35am	Event 127	16yrs 3000m	Boys	Finals
8:35am	Event 128	16yrs 3000m	Girls	Finals
8:35am	Event 129	17yrs 3000m	Boys	Finals
8:35am	Event 130	17yrs 3000m	Girls	Finals
8:55am	Event 131	18 – 19yrs 5000m	Boys	Finals
8:55am	Event 132	18 – 19yrs 5000m	Girls	Finals

800 METRE MULTI –EVENT

9:45am	Event 23	10 – 12yrs Multi Event 800m	Boys	Finals
9:45am	Event 24	10 – 12yrs Multi Event 800m	Girls	Finals

200 METRES

11:00am	Event 133	10yrs 200m	Boys	Finals
11:00am	Event 134	10yrs 200m	Girls	Finals
11:00am	Event 135	11yrs 200m	Boys	Finals
11:00am	Event 136	11yrs 200m	Girls	Finals
11:00am	Event 137	12yrs 200m	Boys	Finals
11:00am	Event 138	12yrs 200m	Girls	Finals
11:30am	Event 139	13yrs 200m	Boys	Finals
11:30am	Event 140	13yrs 200m	Girls	Finals
11:30am	Event 141	14yrs 200m	Boys	Finals
11:30am	Event 142	14yrs 200m	Girls	Finals
11:50am	Event 143	15yrs 200m	Boys	Finals
11:50am	Event 144	15yrs 200m	Girls	Finals
11:50am	Event 145	16yrs 200m	Boys	Finals
11:50am	Event 146	16yrs 200m	Girls	Finals
12:10am	Event 147	17yrs 200m	Boys	Finals
12:10am	Event 148	17yrs 200m	Girls	Finals
12:10am	Event 149	18 – 19yrs 200m	Boys	Finals
12:10am	Event 150	18 – 19yrs 200m	Girls	Finals
12:10am	Event 151	10 – 12yrs 200m MC	Boys	Finals
12:10am	Event 152	10 – 12yrs 200m MC	Girls	Finals
12:10am	Event 153	13 – 19yrs 200m MC	Boys	Finals
12:10am	Event 154	13 – 19yrs 200m MC	Girls	Finals

800 METRES

1:15pm	Event 155	10yrs 800m	Boys	Finals
1:15pm	Event 156	10yrs 800m	Girls	Finals
1:15pm	Event 157	11yrs 800m	Boys	Finals
1:15pm	Event 158	11yrs 800m	Girls	Finals
1:15pm	Event 159	12yrs 800m	Boys	Finals
1:15pm	Event 160	12yrs 800m	Girls	Finals
2:00pm	Event 161	13yrs 800m	Boys	Finals
2:00pm	Event 162	13yrs 800m	Girls	Finals
2:00pm	Event 163	14yrs 800m	Boys	Finals
2:00pm	Event 164	14yrs 800m	Girls	Finals

2:30pm	Event 165	15yrs 800m	Boys	Finals
2:30pm	Event 166	15yrs 800m	Girls	Finals
2:30pm	Event 167	16yrs 800m	Boys	Finals
2:30pm	Event 168	16yrs 800m	Girls	Finals
2:45pm	Event 169	17yrs 800m	Boys	Finals
2:45pm	Event 170	17yrs 800m	Girls	Finals
2:45pm	Event 171	18 – 19yrs 800m	Boys	Finals
2:45pm	Event 172	18 – 19yrs 800m	Girls	Finals
2:45pm	Event 173	10 – 12yrs 800m MC	Boys	Finals
2:45pm	Event 174	10 – 12yrs 800m MC	Girls	Finals
2:45pm	Event 175	13 – 19yrs 800m MC	Boys	Finals
2:45pm	Event 176	13 – 19yrs 800m MC	Girls	Finals

METROPOLITAN EAST 10 – 19 YRS TRACK & FIELD TRIAL 2024 PROGRAMME OF EVENTS

Field Events: DAY 2 – FRIDAY 23 August 2024

[MC] – Multi Class Event

8:30am	Event 187	12yrs Discus	Boys	D1 Sth
8:30am	Event 188	12yrs Discus	Girls	D2 Nth
8:30am	Event 189	10yrs Long Jump	Boys	LJ2 Sth
8:30am	Event 190	10yrs Long Jump	Girls	LJ1 Nth
8:30am	Event 191	11yrs Shot Put	Boys	SP1
8:30am	Event 192	11yrs Shot Put	Girls	SP2
8:30am	Event 193	16yrs High Jump	Boys	HJ2 Sth
8:30am	Event 194	16yrs High Jump	Girls	HJ1 Nth
9:45am	Event 195	10yrs Discus	Boys	D1 Sth
9:45am	Event 196	10yrs Discus	Girls	D2 Nth
9:45am	Event 197	15yrs Shot Put	Boys	SP1
9:45am	Event 197	13 - 15yrs Shot Put MC	Boys	SP1
9:45am	Event 198	15yrs Shot Put	Girls	SP2
9:45am	Event 198	13 - 15yrs Shot Put MC	Girls	SP2
9:45am	Event 199	16yrs Triple Jump	Boys	TJ2 Sth
9:45am	Event 200	16yrs Triple Jump	Girls	TJ1 Nth
9:45am	Event 201	17yrs Triple Jump	Boys	TJ2 Sth
9:45am	Event 202	17yrs Triple Jump	Girls	TJ1 Nth
9:45am	Event 203	18 – 19yrs Triple Jump	Boys	TJ2 Sth
9:45am	Event 204	18 – 19yrs Triple Jump	Girls	TJ1 Nth
11:00am	Event 205	13yrs Discus	Boys	D1 Sth
11:00am	Event 206	17yrs High Jump	Boys	HJ2 Sth
11:00am	Event 207	17yrs High Jump	Girls	HJ1 Nth
11:00am	Event 208	18 – 19yrs High Jump	Boys	HJ2 Sth
11:00am	Event 209	18 – 19yrs High Jump	Girls	HJ1 Nth
11:00am	Event 210	13yrs Javelin	Girls	J2 Sth
11:00am	Event 211	14yrs Triple Jump	Boys	TJ2 Sth
11:00am	Event 212	14yrs Triple Jump	Girls	TJ1 Nth
11:00am	Event 213	15yrs Triple Jump	Boys	TJ2 Sth
11:00am	Event 214	15yrs Triple Jump	Girls	TJ1 Nth
12:15pm	Event 215	15yrs Discus	Boys	D1 Sth
12:15pm	Event 215	13 - 15yrs Discus MC	Boys	D1 Sth
12:15pm	Event 216	15yrs Javelin	Girls	J2 Nth
12:15pm	Event 216	13 - 15yrs Javelin MC	Girls	J2 Nth
12:15pm	Event 217	16yrs Shot Put	Boys	SP1
12:15pm	Event 218	16yrs Shot Put	Girls	SP2
12:15pm	Event 219	13yrs Triple Jump	Boys	TJ2 Sth
12:15pm	Event 220	13yrs Triple Jump	Girls	TJ1 Nth
12:15pm	Event 221	11yrs High Jump	Boys	HJ2 Sth
12:15pm	Event 222	11yrs High Jump	Girls	HJ1 Nth

METROPOLITAN EAST 10 – 19 YRS TRACK & FIELD TRIAL 2024 PROGRAMME OF EVENTS

Field Events: DAY 2 – FRIDAY 23 August 2024

[MC] – Multi Class Event

1:30pm	Event 223	14yrs Discus	Girls	D2 Nth
1:30pm	Event 224	13yrs High Jump	Boys	HJ2 Sth
1:30pm	Event 225	13yrs High Jump	Girls	HJ1 Nth
1:30pm	Event 226	14yrs Javelin	Boys	J2 Nth
1:30pm	Event 227	17yrs Shot Put	Boys	SP1
1:30pm	Event 228	17yrs Shot Put	Girls	SP2
1:30pm	Event 229	18 – 19yrs Shot Put	Boys	SP1
1:30pm	Event 229	16 – 19yrs Shot Put MC	Boys	SP1
1:30pm	Event 230	18 – 19yrs Shot Put	Girls	SP2
1:30pm	Event 230	16 – 19yrs Shot Put MC	Girls	SP2
1:30pm	Event 231	10 – 12yrs Multi Event Long Jump	Boys	LJ2 Sth
1:30pm	Event 232	10 – 12yrs Multi Event Long Jump	Girls	LJ1 Nth

2:45pm	Event 233	16yrs Discus	Girls	D2 Nth
2:45pm	Event 234	15yrs High Jump	Boys	HJ2 Sth
2:45pm	Event 235	15yrs High Jump	Girls	HJ1 Nth
2:45pm	Event 236	16yrs Javelin	Boys	J2 Nth
2:45pm	Event 237	13yrs Shot Put	Boys	SP1
2:45pm	Event 238	13yrs Shot Put	Girls	SP2
2:45pm	Event 239	12yrs Long Jump	Boys	LJ2 Sth
2:45pm	Event 240	12yrs Long Jump	Girls	LJ1 Nth