

MINIMUM REPORT TO START TEAM FOR ANY TRACK EVENT IS 10 MINUTES:

EVENT START TIMES

Ev No	Minimum Report Time	Start Time	Track Events	Age Group	Races	
					QTY	TOT
T01	12:50 PM	1:00 PM	100m Hurdles	U16 Boys	2	2
T02	1:05 PM	1:15 PM	80m Hurdles	U16 Girls	2	4
T03	1:20 PM	1:30 PM	80m Hurdles	U14 Boys	2	6
T04	1:35 PM	1:45 PM	75m Hurdles	U14 Girls	2	8
T05	1:50 PM	2:00 PM	1500m	U14 Girls	1	9
T06	2:00 PM	2:10 PM	1500m	U14 Boys	1	10
T07	2:10 PM	2:20 PM	1500m	U16 Girls	1	11
T08	2:20 PM	2:30 PM	1500m	U16 Boys	1	12
T09	2:30 PM	2:40 PM	200m	U14 Girls	2	14
T10	2:40 PM	2:50 PM	200m	U14 Boys	2	16
T11	2:50 PM	3:00 PM	200m	U16 Girls	2	18
T12	3:00 PM	3:10 PM	200m	U16 Boys	2	20
T13	3:15 PM	3:25 PM	300m	U16 Girls	2	22
T14	3:25 PM	3:35 PM	300m	U16 Boys	2	24
T15	3:35 PM	3:45 PM	100m	U14 Girls	2	26
T16	3:45 PM	3:55 PM	100m	U14 Boys	2	28
T17	3:55 PM	4:05 PM	100m	U16 Girls	2	30
T18	4:05 PM	4:15 PM	100m	U16 Boys	2	32
T19	4:15 PM	4:25 PM	800m	U14 Girls	2	34
T20	4:25 PM	4:35 PM	800m	U14 Boys	2	36
T21	4:30 PM	4:40 PM	800m	U16 Girls	2	38
T22	4:40 PM	4:50 PM	800m	U16 Boys	2	40
T23	4:50 PM	5:00 PM	4 x 100 Relay	U14 Girls	2	42
T24	4:55 PM	5:05 PM	4 x 100 Relay	U16 Girls	2	44
T25	5:00 PM	5:10 PM	4 x 100 Relay	U16 Boys	2	46
T26	5:05 PM	5:15 PM	4 x 100 Relay	U14 Boys	2	48

MINIMUM REPORT TIME FOR FIELD EVENT WARM UP OF 2 TRIALS IS 20 MINUTES.

EVENT START TIMES

Ev No	Minimum Report Time	Start Time	Track Events	Age Group
F01	12:40 PM	1:00 PM	Long Jump	U14 Boys
F02	12:40 PM	1:00 PM	High Jump	U16 Boys
F03	12:40 PM	1:00 PM	Shot Put (3.00kg)	U16 Girls
F04	12:40 PM	1:00 PM	Discus (1.25kg)	U16 Boys
F05	12:40 PM	1:00 PM	Javelin (400g)	U14 Girls
F06	1:45 PM	2:05 PM	Long Jump	U16 Girls
F07	1:45 PM	2:05 PM	Triple Jump	U16 Boys
F08	1:45 PM	2:05 PM	High Jump	U14 Girls
F09	1:45 PM	2:05 PM	Shot Put (2.72kg)	U14 Girls
F10	1:45 PM	2:05 PM	Discus (1.00kg)	U16 Girls
F11	1:45 PM	2:05 PM	Javelin (400g)	U14 Boys
F12	2:50 PM	3:10 PM	Long Jump	U14 Girls
F13	2:50 PM	3:10 PM	Triple Jump	U16 Girls
F14	2:50 PM	3:10 PM	High Jump	U16 Girls
F15	2:50 PM	3:10 PM	Shot Put (3.00kg)	U14 Boys
F16	2:50 PM	3:10 PM	Discus (0.75kg)	U14 Girls
F17	2:50 PM	3:10 PM	Javelin (600g)	U16 Boys
F18	3:55 PM	4:15 PM	Long Jump	U16 Boys
F19	3:55 PM	4:15 PM	High Jump	U14 Boys
F20	3:55 PM	4:15 PM	Shot Put (4.00kg)	U16 Boys
F21	3:55 PM	4:15 PM	Discus (1.00kg)	U14 Boys
F22	3:55 PM	4:15 PM	Javelin (500g)	U16 Girls

New UKA age group rules has removed the following events

U14 B&G 300m and Triple Jump