

REGIONAL CHAMPIONSHIPS PROGRAM 2014

TRACK		FIELD		
Time	Events	Time	Jumps	Throws
	SATURDAY			
8:30am	1500m Finals	8:30am	U9 High Jump	U14 Shot Put
	U11, 13, 12, 14-17		U10 Long Jump	
		9:00am		U11 Discus
				U8 Shot Put
		10:00am	U13 High Jump	U12 Discus
10:00am	60m Hurdle Heats		U7 Long Jump	U15-17 Shot Put
	U9, 8, 10, 11, 12	11:00am	U14 Long Jump	
11:00am	100m Heats	11:30am	U15-17 High Jump	U9 Shot Put
	U9, 10, 11, 7, 8, 12, 13, 14, 15-17			U10 Discus
12 noon	LUNCH/U7&8 Medals	12 noon	U11 High Jump	
1:15pm	200m Hurdle Finals (Heats)	1:00pm	U12 Long Jump	
	U13, 14, 15-17	1:30pm		U7 Shot Put
				U13 Discus
2:00pm	400m Finals (U10, 11 Heats?)	2:15pm	U8 Long Jump	U11 Shot Put
	U11, 10, 12, 13, 14, 15-17			U12 Javelin
3:00pm	60m Hurdle Finals	3:00pm	U13 Triple Jump	U15-17 Javelin
	U9, 10, 11, 12			
3:30pm	100m Finals			
	U9, 10, 11, 12	3:45pm	U15-17 Triple Jump	U14 Javelin
	(200m Hurdle Finals if required)			
4:00pm	400m Finals			
	U10, 11			
	SUNDAY			
8:30am	100m Pent. U15-17	8:30am	U11 Long Jump	U8 Discus
8:45am	800m Finals		U10 High Jump	
	U13, 12, 14, 15-17, 9, 11, 10	9:20am		U12 Shot Put
10:00am	70m Heats		U13 Long Jump	U15-17 Discus*
	U7, 9, 8, 10	10:20am	U9 Long Jump	U7 Discus
10:35am	Sprint Hurdle Finals		U12 High Jump	
	U15-17 Pent, 13, 14, 15-17			
11:15am	200m Heats (some Finals)	11:15am		U13 Shot Put
	U11, 7, 9, 8, 10, 12, 13, 15-17, 14		U14 High Jump	
		11:35am	U11 Triple Jump	U9 Discus
12:30pm	LUNCH/U7&8 Medals			
1:15pm	70m Finals	1:00pm	U15-17 Long Jump*	U14 Discus
	U10, 9			U10 Shot Put
1:40pm	800m Pent. U15-17	1:45pm	U14 Triple Jump	
	200m Finals			U11 Javelin
	U11, 9, 12, 10	2:30pm	U12 Triple Jump	
2:35pm	Walk Finals			U13 Javelin
	U9, 14-17, 10, 11, 13, 12			

* denotes Pentathlon events (included)