



**2019
NATIONAL SECONDARY SCHOOLS
TRACK AND FIELD CHAMPIONSHIPS
PROPOSED SCHEDULE OF EVENTS**



Events Listing Day 1

EVENT #	TIME	EVENT	AGE GROUP	ROUND
1	9:00am	Hammer Throw (4kg)	Girls Open	Exhibition
2	9:00am	Hammer Throw (6kg)	Boys Open	Exhibition
3	9:30am	Long Jump	Girls U17	Final
4	9:30am	Long Jump	Boys U17	Final
5	9:30am	High Jump	Girls O17	Final
6	9:30am	High Jump	Boys O17	Final
7	10:00am	Discus(1kg)	Girls U17	Final
8	10:00am	60m Hurdles (0.76m)	Girls U15	Final
9	10:00am	Shot (3kg)	Girls U13	Final
10	10:10am	80m Hurdles (0.84m)	Boys U15	Final
11	10:20am	100m Hurdles (0.76m)	Girls U17	Final
13	10:30am	100m Hurdles (0.84m)	Girls O17	Final
14	10:40am	110m Hurdles (0.91m)	Boys U17	Final
15	10:50am	110m Hurdles (0.99m)	Boys O17	Final
MEDAL PRESENTATION				
12	11:00am	Javelin (400g)	Girls U15	Final
16	11:00am	100m	Girls U13	Prelims
17	11:00am	Long Jump	Girls O17	Final
19	11:00am	Long Jump	Boys O17	Final
21	11:00am	High Jump	Girls U15	Final
18	11:10am	100m	Boys U13	Prelims
20	11:20am	100m	Girls U15	Prelims
22	11:30am	100m	Boys U15	Prelims
23	11:30am	Discus (1kg)	Girls O17	Final
27	11:30am	Shot (6kg)	Boys O17	Final
24	11:40am	100m	Girls U17	Prelims
25	11:50am	100m	Boys U17	Prelims
26	12:00pm	100m	Girls O17	Prelims
28	12:30pm	Javelin (500g)	Girls U17	Final
29	12:10pm	100m	Boys O17	Prelims
32	12:30pm	Long Jump	Girls U13	Final
34	12:30pm	Long Jump	Boys U13	Final
30	12:30pm	400m	Girls U13	Prelims
31	12:40pm	400m	Boys U13	Prelims
33	12:50pm	400m	Girls U15	Prelims
35	1:00pm	400m	Boys U15	Prelims
MEDAL PRESENTATION				

36	1:00pm	High Jump	Boys U15	Final
47	1:00pm	High Jump	Boys U17	Final
40	1:00pm	Shot (5 kg)	Boys U17	Final
41	1:00pm	Javelin (600g)	Boys U15	Final
38	1:00pm	Discus (1kg)	Girls U15	Final
37	1:10pm	400m	Girls U17	Prelims
39	1:20pm	400m	Boys U17	Prelims
42	1:30pm	400m	Girls O17	Prelims
43	1:40pm	400m	Boys O17	Prelims
MEDAL PRESENTATION				
44	2:00pm	1500m	Girls U15	Final
45	2:10pm	1500m	Boys U15	Final
46	2:20pm	1500m	Girls U17	Final
48	2:30pm	Discus (1.75kg)	Boys O17	Final
49	2:30pm	1500m	Boys U17	Final
50	2:40pm	1500m	Girls O17	Final
51	2:50pm	1500m	Boys O17	Final
MEDAL PRESENTATION				
52	3:00pm	Shot (4kg)	Girls O17	Final
16a	3:00pm	100m	Girls U13	Final
18a	3:05pm	100m	Boys U13	Final
20a	3:10pm	100m	Girls U15	Final
22a	3:15pm	100m	Boys U15	Final
24a	3:20pm	100m	Girls U17	Final
25a	3:25pm	100m	Boys U17	Final
26a	3:30pm	100m	Girls O17	Final
29a	3:35pm	100m	Boys O17	Final
MEDAL PRESENTATION				
30a	3:45pm	400m	Girls U13	Final
31a	3:50pm	400m	Boys U13	Final
33a	3:55pm	400m	Girls U15	Final
35a	4:00pm	400m	Boys U15	Final
37a	4:05pm	400m	Girls U17	Final
39a	4:10pm	400m	Boys U17	Final
42a	4:15pm	400m	Girls O17	Final
43a	4:20pm	400m	Boys O17	Final
MEDAL PRESENTATION				
53	4:30pm	4 x 100m Relay	Girls U13	Final
54	4:40pm	4 x 100m Relay	Boys U13	Final
55	4:50pm	4 x 100m Relay	Girls U15	Final
56	5:00pm	4 x 100m Relay	Boys U15	Final
57	5:10pm	4 x 100m Relay	Girls U17	Final
58	5:20pm	4 x 100m Relay	Boys U17	Final
59	5:30pm	4 x 100m Relay	Girls O17	Final
60	5:40pm	4 x 100m Relay	Boys O17	Final
MEDAL PRESENTATION				



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Events Listing Day 2

EVENT #	TIME	EVENT	AGE GROUP	ROUND
61	10:00am	Shot (4kg)	Boys U15	Finals
68	10:00am	Long Jump	Girls U15	Final
69	10:00am	Long Jump	Boys U15	Final
71	10:00am	High Jump	Girls U13	Final
72	10:00am	High Jump	Boys U13	Final
75	10:00am	Discus (1.5kg)	Boys U17	Final
62	10:00am	400m Hurdles (0.76m)	Girls U17	Timed Final
63	10:10am	400m Hurdles (0.76m)	Girls O17	Timed Final
64	10:20am	400m Hurdles (0.84m)	Boys U17	Timed Final
65	10:30am	400m Hurdles (0.91m)	Boys O17	Timed Final
MEDAL PRESENTATION				
66	10:45am	200m	Girls U13	Prelims
67	10:55am	200m	Boys U13	Prelims
70	11:05am	200m	Girls U15	Prelims
73	11:15am	200m	Boys U15	Prelims
74	11:25am	200m	Girls U17	Prelims
76	11:30am	Shot (3kg)	Girls U17	Final
77	11:30am	Javelin (600g)	Girls O17	Final
78	11:35am	200m	Boys U17	Prelims
79	11:45am	200m	Girls O17	Prelims
80	11:55am	200m	Boys O17	Prelims
MEDAL PRESENTATION				
81	12:00pm	1500m WALK	Girls Open	Final
82	12:00pm	Triple Jump	Boys U17	Final
83	12:00pm	Triple Jump	Boys O17	Final
90	12:00pm	Triple Jump	Girls Open	Final
84	12:00pm	High Jump	Girls U17	Final
85	12:00pm	1500m WALK	Boys Open	Final
86	12:00pm	Discus (1kg)	Boys U15	Final
87	12:30pm	Shot (3kg)	Girls U15	Final
MEDAL PRESENTATION				
88	1:00pm	Javelin (700g)	Boys U17	Final
91	1:00pm	Pole Vault	Girls Open	Final
92	1:00pm	Pole Vault	Boys Open	Final
66a	1:00pm	200m	Girls U13	Final
67a	1:05pm	200m	Boys U13	Final

70a	1:10pm	200m	Girls U15	Final
73a	1:15pm	200m	Boys U15	Final
74a	1:20pm	200m	Girls U17	Final
78a	1:25pm	200m	Boys U17	Final
93	1:30pm	Shot (3kg)	Boys U13	Final
79a	1:35pm	200m	Girls O17	Final
80a	1:40pm	200m	Boys O17	Final
MEDAL PRESENTATION				
94	2:00pm	Javelin (800g)	Boys O17	Final
95	2:00pm	800m	Girls U15	Final
96	2:10pm	800m	Boys U15	Final
97	2:20pm	800m	Girls U17	Final
98	2:25pm	800m	Boys U17	Final
99	2:30pm	800m	Girls O17	Final
100	2:35pm	800m	Boys O17	Final
89	2:45pm	3000m	Girls Open	Final
101	3:00pm	5000m	Boys Open	Final
MEDAL PRESENTATION				
102	3:30pm	4 x 400m Relay	Girls U15	Final
103	3:40pm	4 x 400m Relay	Boys U15	Final
104	3:50pm	4 x 400m Relay	Girls U17	Final
105	4:00pm	4 x 400m Relay	Boys U17	Final
106	4:10pm	4 x 400m Relay	Girls O17	Final
107	4:20pm	4 x 400m Relay	Boys O17	Final
MEDAL PRESENTATION				

2019 AGE GROUP CATEGORIES – SEC. SCHOOLS' CHAMPS		
CATEGORY	AGE	DATE OF BIRTH
Under 13	11 – 12	1 st Jan. 2007 – 31 st Dec. 2008
Under 15	13 – 14	1 st Jan. 2005 – 31 st Dec. 2006
Under 17	15 – 16	1 st Jan. 2003 – 31 st Dec. 2004
Over 17	17 – 20	After 5 th Jul. 1999 – 31 st Dec. 2002