

TOP SPRINTER 2016 EVENT SCHEDULE

DAY 1		Thursday 29/09/16	
START TIME		9:00 am	
END TIME		6:00 pm	
TRACK EVENTS ONLY			
MORNING SESSION			
400M ROUND 1			
YOUTH BOYS		9:00 am	
JUNIOR BOYS		9:00 am	
MEN		9:25 am	
100M ROUND 1			
YOUTH BOYS		9:55 am	
JUNIOR BOYS		10:25 am	
MEN		11:25 am	
AFTERNOON SESSION			
100M SEMIS			
YOUTH GIRLS		1:00 pm	
YOUTH BOYS		1:10 pm	
JUNIOR GIRLS		1:25 pm	
JUNIOR BOYS		1:35 pm	
WOMEN		1:50 pm	
MEN		2:05 pm	
400M SEMIS			
YOUTH GIRLS		2:45 pm	
YOUTH BOYS		2:55 pm	
JUNIOR GIRLS		3:10 pm	
JUNIOR BOYS		3:20 pm	
WOMEN		3:35 pm	
MEN		3:45 pm	
100M FINALS			
YOUTH GIRLS		4:00 pm	
YOUTH BOYS		4:10 pm	
JUNIOR GIRLS		4:20 pm	
JUNIOR BOYS		4:30 pm	
WOMEN		4:40 pm	
MEN		4:50 pm	
AWARD CEREMONIES		5:00 pm	

DAY 2		Friday 30/09/16	
START TIME		9:00 am	
END TIME		6:00 pm	
TRACK & FIELD EVENTS			
MORNING SESSION			
200M ROUND 1			
YOUTH BOYS		9:00 am	
JUNIOR BOYS		9:35 am	
MEN		10:20 am	
SHOT PUT, DISCUS, JAVELIN & HAMMER FINALS			
JUNIOR/YOUTH GIRLS		9:00 am	
JUNIOR/YOUTH BOYS		9:00 am	
AFTERNOON SESSION			
200M SEMIS			
YOUTH GIRLS		1:00 pm	
YOUTH BOYS		1:15 pm	
JUNIOR GIRLS		1:30 pm	
JUNIOR BOYS		1:45 pm	
TRIPLE JUMP FINALS			
JUNIOR/YOUTH GIRLS		2:00 pm	
JUNIOR/YOUTH BOYS		2:00 pm	
HIGH JUMP FINALS			
JUNIOR/YOUTH GIRLS		3:00 pm	
JUNIOR/YOUTH BOYS		3:00 pm	
400M FINALS			
YOUTH GIRLS		4:00 pm	
YOUTH BOYS		4:10 pm	
JUNIOR GIRLS		4:20 pm	
JUNIOR BOYS		4:30 pm	
WOMEN		4:40 pm	
MEN		4:50 pm	
AWARD CEREMONIES		5:00 pm	

DAY 3		Saturday 01/10/16	
START TIME		9:00 am	
END TIME		6:00 pm	
TRACK & FIELD EVENTS			
MORNING SESSION			
100/110M HURDLES			
JUNIOR/YOUTH GIRLS		9:00 am	
YOUTH BOYS		9:10 am	
JUNIOR BOYS		9:20 am	
LONG JUMP FINALS			
JUNIOR/YOUTH GIRLS		9:00 am	
YOUTH BOYS		10:00 am	
JUNIOR BOYS		11:00 am	
200M SEMIS			
WOMEN		11:00 am	
MEN		11:15 am	
AFTERNOON SESSION			
200M FINALS			
YOUTH GIRLS		1:00 pm	
YOUTH BOYS		1:10 pm	
JUNIOR GIRLS		1:20 pm	
JUNIOR BOYS		1:30 pm	
WOMEN		1:40 pm	
MEN		1:50 pm	
AWARD CEREMONIES		2:00 pm	
100M FINALS			
MASTERS' RACE		2:30 pm	
STAFF RACE		2:45 pm	
4X100M FINALS			
YOUTH GIRLS		3:00 pm	
YOUTH BOYS		3:15 pm	
JUNIOR GIRLS		3:30 pm	
JUNIOR BOYS		3:45 pm	
WOMEN		4:00 pm	
MEN		4:15 pm	
4X400M FINALS			
WOMEN		4:30 pm	
MEN		4:45 pm	
AWARD CEREMONIES		5:00 pm	