

<b>U13G</b>				
11.30.	70M	HURDLES		
12.20.	800M			
13.00.	75M	SPRINT	13.00.	LONG JUMP
14.25.	150M		13.30.	HIGH JUMP
15.10.	1200M			
16.25.	4X100M		16.45.	SHOT

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<b>U13B</b>				
11.30.	75M	HURDLES	11.30.	LONG JUMP
12.20.	800M			
13.00.	100M		13.30.	HIGH JUMP
14.25.	200M		14.30.	SHOT
15.10.	1500M			
16.25.	4X100M			

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<b>U15G</b>				
11.30.	75M	HURDLES		
12.20.	800M		14.15.	DISCUS
13.00.	100M		14.30.	LONG JUMP
14.25.	200M		15.15.	SHOT
15.10.	1500M		15.30.	HIGH JUMP
16.25.	4X100M		16.35.	JAVELIN

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<b>U15B</b>				
11.30.	80M	HURDLES	11.30.	HIGH JUMP
12.20.	800M		11.30.	HAMMER
13.00.	100M		12.30.	SHOT
14.25.	200M		13.00.	JAVELIN
15.10.	1500M		15.15.	LONG JUMP
15.55.	400M		15.25.	DISCUS
16.25.	4X100M			
17.15.	4X400M			

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<b>U17W</b>				
11.30.	80M	HURDLES	11.30.	HAMMER
12.20.	800M		12.15.	LONG JUMP
13.00.	100M		13.45.	SHOT
13.40.	3000M		14.15.	DISCUS
14.00.	300M	HURDLES	15.30.	HIGH JUMP
14.25.	200M		16.30.	TR JUMP
15.10.	1500M		16.35.	JAVELIN
15.55.	300M			
16.25.	4X100M			

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<b>U17M</b>				
11.30.	100M	HURDLES	11.30.	HIGH JUMP
12.20.	800M		11.30.	HAMMER
13.00.	100M		13.00.	JAVELIN
13.40.	3000M		13.45.	LONG JUMP
14.10.	400M	HURDLES	15.25.	DISCUS
14.25.	200M		16.00.	SHOT
15.10.	1500M		16.30.	TR JUMP
15.55.	400M			
17.00.	1.5KM	ST CHASE		
17.15.	4X400M			