

**UPDATED TIMETABLE @ 08/08/19**  
**QSS 13-19 YEARS TRACK & FIELD**

Saturday 19 October 2019				
09:00	1	Men	13 Years	Hammer Throw
09:00	2	Men	14 Years	Hammer Throw
09:00	3	Men	15 Years	Hammer Throw
10:30	4	Men	17 Years	Shot Put
10:30	5	Women	14 Years	Discus
10:30	6	Women	16 Years	Javelin
10:30	7	Women	17 Years	Long Jump
10:30	8	Women	18-19 Years	Long Jump
10:30	9	Men	15 Years	High Jump
12:15	10	Men	14 Years	Shot Put
12:15	11	Women	13 Years	Discus
12:15	12	Women	15 Years	Javelin
12:15	13	Men	18-19 Years	Triple Jump
12:30	14	Women	14 Years	High Jump
14:00	15	Men	(MC) 13-15 Years	Shot Put
14:00	16	Women	17 Years	Javelin
14:00	17	Women	18-19 Years	Javelin
14:00	18	Men	14 Years	Triple Jump
15:00	19	Men	16 Years	High Jump
15:45	20	Women	(MC) 13-15 Years	Shot Put
15:45	21	Women	(MC) 16-19 Years	Shot Put
15:45	22	Men	17 Years	Discus
15:45	23	Men	18-19 Years	Discus
15:45	24	Men	(MC) 13-15 Years	Long Jump
15:45	25	Women	16 Years	Triple Jump
17:00	26	Women	15 Years	High Jump
17:30	27	Men	15 Years	Shot Put
17:30	28	Men	13 Years	Javelin
17:30	29	Women	13 Years	Triple Jump

Sunday 20 October 2019				
10:00	30	Women	13 Years	Hammer Throw
10:00	31	Women	14 Years	Hammer Throw
10:00	32	Women	15 Years	Hammer Throw
11:30	33	Men	16 Years	Shot Put
11:30	34	Women	16 Years	Discus
11:30	35	Women	(MC) 13-15 Years	Javelin
11:30	36	Women	(MC) 16-19 Years	Javelin
11:30	37	Men	(MC) 13-15 Years	Javelin
11:30	38	Men	(MC) 16-19 Years	Javelin
11:30	39	Men	17 Years	Long Jump
11:30	40	Men	18-19 Years	High Jump
13:15	41	Men	(MC) 16-19 Years	Shot Put
13:15	42	Men	13 Years	Discus
13:15	43	Women	13 Years	Javelin
13:15	44	Men	15 Years	Long Jump
13:30	45	Women	16 Years	High Jump

15:00	46	Women	(MC) 13-15 Years	Discus
15:00	47	Women	(MC) 16-19 Years	Discus
15:00	48	Men	(MC) 13-15 Years	Discus
15:00	49	Men	(MC) 16-19 Years	Discus
15:00	50	Men	14 Years	Javelin
15:00	51	Men	16 Years	Long Jump
16:00	52	Men	17 Years	High Jump
16:45	53	Women	15 Years	Discus
16:45	54	Women	14 Years	Javelin
16:45	55	Men	13 Years	Long Jump
18:00	56	Women	17 Years	High Jump
18:00	57	Women	18-19 Years	High Jump
18:30	58	Men	17 Years	Javelin
18:30	59	Men	18-19 Years	Javelin
18:30	60	Women	15 Years	Long Jump

**Monday 21 October 2019**

10:30	61	Women	16 Years	Hammer Throw
10:30	62	Women	17 Years	Hammer Throw
10:30	63	Women	18-19 Years	Hammer Throw
12:00	64	Women	13 Years	Shot Put
12:00	65	Women	(MC) 13-15 Years	Long Jump
12:00	66	Women	(MC) 16-19 Years	Long Jump
12:00	67	Men	16 Years	Triple Jump
12:00	68	Women	13 Years	Pole Vault
12:00	69	Women	14 Years	Pole Vault
12:00	70	Women	15 Years	Pole Vault
12:00	71	Women	16 Years	Pole Vault
12:00	72	Women	17 Years	Pole Vault
12:00	73	Women	18-19 Years	Pole Vault
13:30	74	Men	14 Years	High Jump
13:45	75	Men	13 Years	Shot Put
13:45	76	Men	15 Years	Discus
13:45	77	Men	18-19 Years	Long Jump
13:45	78	Men	17 Years	Triple Jump
15:30	79	Men	18-19 Years	Shot Put
15:30	80	Men	16 Years	Discus
15:30	81	Women	16 Years	Long Jump
15:30	82	Men	15 Years	Triple Jump
16:00	83	Men	13 Years	Pole Vault
16:00	84	Men	14 Years	Pole Vault
16:00	85	Men	15 Years	Pole Vault
16:00	86	Men	16 Years	Pole Vault
16:00	87	Men	17 Years	Pole Vault
16:00	88	Men	18-19 Years	Pole Vault
16:30	89	Women	13 Years	High Jump
17:15	90	Women	14 Years	Shot Put
17:15	91	Women	17 Years	Discus
17:15	92	Women	18-19 Years	Discus
17:15	93	Men	(MC) 16-19 Years	Long Jump
17:15	94	Women	15 Years	Triple Jump

18:30	95	Men	13 Years	High Jump
19:00	96	Women	16 Years	Shot Put
19:00	97	Men	14 Years	Discus
19:00	98	Women	13 Years	Long Jump
19:00	99	Women	14 Years	Triple Jump

**Tuesday 22 October 2019**

8.00 am	100	Men	16 Years	Hammer Throw
8.00 am	101	Men	17 Years	Hammer Throw
8.00 am	102	Men	18-19 Years	Hammer Throw
9.00 am	103	Women	15 Years	Shot Put
9.00 am	104	Men	15 Years	Javelin
9.00 am	105	Men	14 Years	Long Jump
9.00 am	106	Women	17 Years	Triple Jump
9.00 am	107	Women	18-19 Years	Triple Jump
10.45 am	108	Women	17 Years	Shot Put
10.45 am	109	Women	18-19 Years	Shot Put
10.45 am	110	Men	16 Years	Javelin
10.45 am	111	Women	14 Years	Long Jump
10.45 am	112	Men	13 Years	Triple Jump