

DAY 1 : SATURDAY, 25 JUNE 2022 (Junior Division 1)

Session 1 (Morning)

Session 2 (Afternoon)

Time	Event	Gender	Heats	Stage	Time	Event	Gender	Heats	Stage
0730hrs	Officials & Organising Committee to Report					Overhand Beanbag Throw	Girls	1	Direct Final
0830hrs	Multi-Skill Event	Girls	10		1400hrs	Standing Long Jump	Girls	1	Direct Final
	Multi-Skill Event	Boys	10			Scissors Jump	Boys	1	Direct Final
1015hrs	Scissors Jump	Girls	1	Direct Final	1430hrs	40m	Girls	2	Timed Final
	1000m	Girls	1	Timed Final		Overhand Beanbag Throw	Boys	1	Direct Final
1025hrs	1000m	Boys	2	Timed Final	1435hrs	Standing Long Jump	Boys	1	Direct Final
	Medicine Ball Throw	Girls	1	Direct Final		40m	Boys	2	Timed Final
1030hrs	Long Jump with 80cm Take off Zone	Girls	1	Direct Final	1500hrs	60m Hurdles	Girls	1	Timed Final
1040hrs	80m	Girls	3	Timed Final	1505hrs	60m Hurdles	Boys	1	Timed Final
1050hrs	80m	Boys	3	Timed Final	1530hrs	Long Jump with 80cm Take off Zone	Boys	1	Direct Final
1055hrs	60m	Girls	1	Timed Final		Medicine Ball Throw	Boys	1	Direct Final
1100hrs	60m	Boys	1	Timed Final		4 x 50m Relay	Girls	1	Timed Final
	End of Session 1- Prize-presentation				1535hrs	4 x 50m Relay	Boys	1	Timed Final
						Prize-presentation			
					1620hrs	Javelin	Men (ALL)	1	Direct Final
					1620hrs	60m	Men (ALL)	2	Timed Final
					1630hrs	60m	Women (ALL)	1	Timed Final
					1650hrs	300m	Men (ALL)	1	Timed Final
					1700hrs	300m	Women (ALL)	1	Timed Final
					1710hrs	3000m Walk	M & W (ALL)	1	Timed Final
						End of Session 2 – Prize-presentation			

DAY 2 : SUNDAY, 26 JUNE 2022 (Junior Division 2)

Session 1 (Morning)

Session 2 (Afternoon)

Time	Event	Gender	Heats	Stage	Time	Event	Gender	Heats	Stage
0730hrs	Officials & Organising Committee to Report								
						Long Implement Throw	Boys	1	Direct Final
					1400hrs	Standing Long Jump	Boys	1	Direct Final
	Long Implement Throw	Girls	1	Direct Final		60m	Girls	1	Timed Final
0830hrs	Vertical Jump	Girls	1	Direct Final	1405hrs	60m	Boys	1	Timed Final
	1000m	Girls	1	Timed Final	1415hrs	25m	Girls	1	Direct Final
0840hrs	1000m	Boys	1	Timed Final	1420hrs	25m	Boys	1	Direct Final
	Medicine Ball Throw	Girls	1	Direct Final		Medicine Ball Throw	Boys	1	Timed Final
0915hrs	Long Jump with 80cm Take off Zone	Girls	1	Timed Final	1430hrs	Long Jump with 80cm Take off Zone	Boys	1	Direct Final
0930hrs	120m	Girls	1	Timed Final	1440hrs	60m Hurdles	Girls	2	Timed Final
0935hrs	120m	Boys	1	Timed Final	1445hrs	60m Hurdles	Boys	1	Timed Final
0940hrs	80m	Girls	1	Timed Final	1500hrs	Vertical Jump	Boys	1	Timed Final
0945hrs	80m/Prize presentation	Boys	1	Timed Final	1515hrs	4 x 50m Relay	Girls	1	Timed Final
1030hrs	Standing Long Jump	Girls	1	Direct Final	1520hrs	4 x 50m Relay	Boys	1	Timed Final
	End of Session 1 – Prize-presentation					Prize-Presentation			
					1600hrs	Javelin	Women (ALL)	1	Direct Final
					1600hrs	4 x 100m Relay (1)	Men	220yrs	Timed Final
					1610hrs	4 x 100m Relay (1)	Women	220yrs	Timed Final
					1630hrs	4 x 400m Relay (1)	Men	220yrs	Timed Final
					1650hrs	1 Mile	M & W (ALL)	1	Timed Final
					1710hrs	4 x 100m Relay (1)	Men	240yrs	Timed Final
					1715hrs	4 x 100m Relay (1)	Women	240yrs	Timed Final
					1725hrs	4 x 400m Relay	Men	240yrs	Timed Final
						End of Session & Prize-giving			