

**2009 NPSA TIMETABLE**

11.15	1	Boys U14	75m HURDLES	H(18)
	2	Girls U14	75m HURDLES	H(17)
11.40	3	Girls U12	1500m	G
	4	Boys U12	1500m	G
	5	Boys U12	70m HURDLES	H(11)
	6	Girls U12	70m HURDLES	H(12)
	7	Boys U13	70m HURDLES	H(13)
	8	Girls U13	70m HURDLES	H(14)
	9	Girls U13	1500m	G
	10	Boys U13	1500m	G
12.55	11	Boys U12	70m HURDLES	F
	12	Girls U12	70m HURDLES	F
	13	Boys U13	70m HURDLES	F
	14	Girls U13	70m HURDLES	F
	15	Girls U14	1500m	G
	16	Boys U14	1500m	G
	17	Girls U14	75m HURDLES	F
	18	Boys U14	75m HURDLES	F
13.40	19	Girls U14	100m	H(37)
	20	Boys U14	100m	H(38)
	21	Girls U13	100m	H(35)
	22	Boys U13	100m	H(36)
	23	Girls U12	100m	H(33)
	24	Boys U12	100m	H(34)
14.25	25	Girls U14	200m	H(50)
	26	Boys U14	200m	H(51)
	27	Girls U13	200m	H(48)
	28	Boys U13	200m	H(49)
	29	Girls U12	200m	H(46)
	30	Boys U12	200m	H(47)
15.10	31	Girls U14	300m	G
	32	Boys U14	400m	G
15.35	33	Girls U12	100m	F
	34	Boys U12	100m	F
	35	Girls U13	100m	F
	36	Boys U13	100m	F
	37	Girls U14	100m	F
	38	Boys U14	100m	F
	39	Boys U12	800m	G
	40	Boys U13	800m	G
	41	Boys U14	800m	G
16.35	42	Girls U12	4 x 100m RELAY	H(55)
	43	Boys U12	4 x 100m RELAY	H(56)
	44	Girls U14	4 x 100m RELAY	H(57)
	45	Boys U14	4 x 100m RELAY	H(58)
17.20	46	Girls U12	200m	F
	47	Boys U12	200m	F
	48	Girls U13	200m	F
	49	Boys U13	200m	F
	50	Girls U14	200m	F
	51	Boys U14	200m	F
	52	Girls U12	800m	G
	53	Girls U13	800m	G
	54	Girls U14	800m	G
18.10	55	Girls U12	4 x 100m RELAY	F
	56	Boys U12	4 x 100m RELAY	F
	57	Girls U14	4 x 100m RELAY	F
	58	Boys U14	4 x 100m RELAY	F

**2009 NPSA TIMETABLE**

11.15		<b>BLOCK 1</b>		
	A	Boys U14	LONG JUMP	
	B	Boys U13	LONG JUMP	
	C	Girls U14	SHOT	
	D	Boys U14	JAVELIN	
	E	Boys U12	HIGH JUMP	Fan B
	F	Girls U12	HIGH JUMP	Fan G
	G	Girls U12	DISCUS	
12.25		<b>BLOCK 2</b>		
	H	Boys U14	TRIPLE JUMP	
	I	Girls U14	LONG JUMP	
	J	Boys U14	SHOT	
	K	Boys U12	JAVELIN	
	L	Boys U13	DISCUS	
13.35		<b>BLOCK 3</b>		
	M	Boys U14	HIGH JUMP	Fan B
	N	Girls U14	HIGH JUMP	Fan G
	O	Girls U14	JAVELIN	
	P	Girls U13	SHOT	
	Q	Boys U12	DISCUS	
	R	Girls U13	LONG JUMP	
14.45		<b>BLOCK 4</b>		
	S	Girls U13	JAVELIN	
	T	Boys U14	DISCUS	
	U	Girls U12	SHOT	
	V	Girls U14	TRIPLE JUMP	
	W	Boys U12	LONG JUMP	
16.00		<b>BLOCK 5</b>		
	X	Boys U13	HIGH JUMP	Fan B
	Y	Girls U13	HIGH JUMP	Fan G
	Z	Girls U12	LONG JUMP	
	AA	Boys U12	SHOT	
	AB	Boys U13	JAVELIN	
	AC	Girls U13	DISCUS	
17.00		<b>BLOCK 6</b>		
	AD	Girls U14	DISCUS	
	AE	Girls U12	JAVELIN	
	AF	Boys U13	SHOT	

The High Jumps occur at 11.15am, 1.35pm and 4.00pm, permitting 130 minutes for each age group.

There are now 70 minutes per block; this should be sufficient for the throws and long/triple jumps.

Field events must start on time.

Track events take precedence, but athletes who leave a field event to take part in a track event MUST have the clearance from the judges on the field event and must be aware that they may miss a round.

The times listed above are a guideline only. It is unlikely that we will be in advance of these times, but please be aware of the events moving through at a quicker than expected pace. The order of track events will NOT alter.

Field event athletes will be permitted THREE trials at the event and the best 8 will each receive a further attempt.

**In the interests of safety we have switched G & AC U12/U13 Girls Discus**