



# EMR DRAFT TIMETABLE

## SATURDAY MORNING SESSION

### TRACK

Draft Time	Gender	Age	Event	Heights	Round
10:00 AM	Boys	U09	700 Metre Race Walk		
10:00 AM	Girls	U09	700 Metre Race Walk		
10:10 AM	Boys	U10	1100 Metre Race Walk		
10:10 AM	Boys	U11	1100 Metre Race Walk		
10:22 AM	Girls	U10	1100 Metre Race Walk		
10:22 AM	Girls	U11	1100 Metre Race Walk		
10:34 AM	Boys	U12	1500 Metre Race Walk		
10:34 AM	Boys	U13	1500 Metre Race Walk		
10:34 AM	Boys	U14	1500 Metre Race Walk		
10:34 AM	Boys	U15	1500 Metre Race Walk		
10:34 AM	Boys	U16	1500 Metre Race Walk		
10:34 AM	Boys	U17	1500 Metre Race Walk		
10:46 AM	Girls	U12	1500 Metre Race Walk		
10:46 AM	Girls	U13	1500 Metre Race Walk		
10:46 AM	Girls	U14	1500 Metre Race Walk		
10:46 AM	Girls	U15	1500 Metre Race Walk		
10:46 AM	Girls	U16	1500 Metre Race Walk		
10:46 AM	Girls	U17	1500 Metre Race Walk		
11:04 AM	Boys	U09	70 Metre Run		
11:08 AM	Girls	U09	70 Metre Run		
11:12 AM	Boys	U10	70 Metre Run		
11:16 AM	Girls	U10	70 Metre Run		
11:26 AM	Boys	U17	300 Metre Hurdles		
11:26 AM	Boys	U16	300 Metre Hurdles		
11:26 AM	Boys	U15	300 Metre Hurdles		
11:28 AM	Girls	U17	300 Metre Hurdles		
11:28 AM	Girls	U16	300 Metre Hurdles		
11:28 AM	Girls	U15	300 Metre Hurdles		
11:38 AM	Boys	U14	200 Metre Hurdles		
11:38 AM	Girls	U14	200 Metre Hurdles		
11:46 AM	Boys	U13	200 Metre Hurdles		
11:48 AM	Girls	U13	200 Metre Hurdles		

### FIELD

Draft Time	Gender	Age	Event	Location	Weight / Start Height
10:00 AM	Boys	U16	Discus	Circle 1	1kg
10:00 AM	Boys	U13	High Jump	Area 1	1.30m
10:00 AM	Girls	U16	Javelin	Runway 1	500g
10:00 AM	Boys	U17	Long Jump	Pit 1	
10:00 AM	Boys	U12	Shot Put	Circle 1	2kg
10:00 AM	Girls	U14	Triple Jump	Pit 1	
10:10 AM	Boys	U11	Discus	Circle 1	500g
10:10 AM	Girls	U15	Javelin	Runway 1	500g
10:10 AM	Girls	U17	Long Jump	Pit 1	
10:10 AM	Girls	U12	Long Jump	Pit 1	
10:30 AM	Girls	U09	High Jump	Area 2	0.85m
10:30 AM	Girls	U17	Shot Put	Circle 1	3kg
10:30 AM	Boys	U14	Triple Jump	Pit 1	
10:40 AM	Girls	U10	Shot Put	Circle 1	2kg
10:50 AM	Girls	U17	Javelin	Runway 1	500g
11:00 AM	Boys	U15	Discus	Circle 1	1kg
11:00 AM	Boys	U12	Long Jump	Pit 1	
11:00 AM	Boys	U11	Triple Jump	Pit 1	
11:10 AM	Boys	U10	Shot Put	Circle 1	2kg
11:10 AM	Girls	U14	Javelin	Runway 1	400g
11:20 AM	Boys	U09	Discus	Circle 1	500g
11:20 AM	Girls	U13	High Jump	Area 1	1.20m
11:30 AM	Boys	U11	High Jump	Area 2	1.15m
11:40 AM	Boys	U13	Triple Jump	Pit 1	
12:00 PM	Boys	U16	Long Jump	Pit 1	

## SATURDAY AFTERNOON SESSION

### TRACK

Draft Time	Gender	Age	Event	Heights	Round
12:32 PM	Boys	U09	800 Metre Run		
12:40 PM	Girls	U09	800 Metre Run		
12:48 PM	Boys	U10	800 Metre Run		
1:04 PM	Girls	U10	800 Metre Run		
1:20 PM	Boys	U11	800 Metre Run		
1:36 PM	Girls	U11	800 Metre Run		
1:52 PM	Boys	U12	800 Metre Run		
2:00 PM	Girls	U12	800 Metre Run		
2:08 PM	Boys	U13	800 Metre Run		
2:16 PM	Girls	U13	800 Metre Run		
2:24 PM	Boys	U14	800 Metre Run		
2:24 PM	Boys	U15	800 Metre Run		
2:24 PM	Boys	U16	800 Metre Run		
2:24 PM	Boys	U17	800 Metre Run		
2:32 PM	Girls	U14	800 Metre Run		
2:32 PM	Girls	U15	800 Metre Run		
2:32 PM	Girls	U16	800 Metre Run		
2:32 PM	Girls	U17	800 Metre Run		
2:52 PM	Boys	U09	200 Metre Run		
2:56 PM	Girls	U09	200 Metre Run		
3:02 PM	Boys	U10	200 Metre Run		
3:10 PM	Girls	U10	200 Metre Run		
3:16 PM	Boys	U11	200 Metre Run		
3:22 PM	Girls	U11	200 Metre Run		
3:28 PM	Boys	U12	200 Metre Run		
3:32 PM	Girls	U12	200 Metre Run		
3:38 PM	Boys	U13	200 Metre Run		
3:42 PM	Girls	U13	200 Metre Run		
3:48 PM	Boys	U14	200 Metre Run		
3:52 PM	Girls	U14	200 Metre Run		
3:56 PM	Boys	U15	200 Metre Run		
3:58 PM	Girls	U15	200 Metre Run		
3:58 PM	Girls	U17	200 Metre Run		
4:00 PM	Boys	U16	200 Metre Run		
4:00 PM	Boys	U17	200 Metre Run		
4:02 PM	Girls	U16	200 Metre Run		

### FIELD

Draft Time	Gender	Age	Event	Location	Weight / Start Height
12:30 PM	Girls	U11	Javelin	Runway 1	400g
12:40 PM	Boys	U09	Shot Put	Circle 1	2kg
12:40 PM	Boys	U17	Discus	Circle 1	1.5kg
12:40 PM	Girls	U11	High Jump	Area 1	1.05m
12:50 PM	Boys	U14	Discus	Circle 1	1kg
1:00 PM	Girls	U15	Long Jump	Pit 1	
1:00 PM	Girls	U13	Triple Jump	Pit 1	
1:10 PM	Boys	U10	Discus	Circle 1	500g
1:30 PM	Girls	U16	Shot Put	Circle 1	3kg
1:30 PM	Girls	U10	Long Jump	Pit 1	
1:40 PM	Boys	U09	High Jump	Area 2	0.90m
1:50 PM	Girls	U12	Shot Put	Circle 1	2kg
2:00 PM	Girls	U12	Javelin	Runway 1	400g
2:10 PM	Girls	U11	Triple Jump	Pit 1	
2:20 PM	Boys	U12	Discus	Circle 1	750g
2:40 PM	Boys	U15	Shot Put	Circle 1	4kg
2:50 PM	Girls	U10	Discus	Circle 1	500g
3:00 PM	Boys	U16	Shot Put	Circle 1	4kg
3:00 PM	Boys	U17	Shot Put	Circle 1	5kg
3:00 PM	Boys	U15	Long Jump	Pit 1	
3:10 PM	Girls	U15	Shot Put	Circle 1	3kg
3:10 PM	Girls	U13	Javelin	Runway 1	400g
3:20 PM	Girls	U14	High Jump	Area 1	1.25m
3:30 PM	Girls	U09	Shot Put	Circle 1	2kg
3:30 PM	Boys	U13	Discus	Circle 1	750g
3:30 PM	Girls	U16	Long Jump	Pit 1	
3:50 PM	Boys	U14	High Jump	Area 1	1.35m



# EMR DRAFT TIMETABLE

## SUNDAY MORNING SESSION

TRACK						FIELD					
Draft Time	Gender	Age	Event	Heights	Round	Draft Time	Gender	Age	Event	Location	Weight / Start Height
10:00 AM	Boys	U11	1500 Metre Run			10:00 AM	Girls	U12	Discus	Circle 1	750g
10:00 AM	Boys	U12	1500 Metre Run			10:00 AM	Boys	U16	High Jump	Area 1	1.45m
10:10 AM	Girls	U11	1500 Metre Run			10:00 AM	Girls	U10	High Jump	Area 2	0.90m
10:10 AM	Girls	U12	1500 Metre Run			10:00 AM	Boys	U12	Javelin	Runway 1	400g
10:20 AM	Boys	U13	1500 Metre Run			10:00 AM	Boys	U13	Long Jump	Pit 1	
10:20 AM	Boys	U14	1500 Metre Run			10:00 AM	Girls	U09	Long Jump	Pit 2	
10:20 AM	Boys	U15	1500 Metre Run			10:00 AM	Boys	U13-17MC	Shot Put	Circle 1	Various
10:20 AM	Boys	U16	1500 Metre Run			10:00 AM	Girls	U15	Triple Jump	Pit 1	
10:20 AM	Boys	U17	1500 Metre Run								
10:30 AM	Girls	U13	1500 Metre Run			10:20 AM	Boys	U11	Shot Put	Circle 1	2kg
10:30 AM	Girls	U14	1500 Metre Run			10:20 AM	Boys	U15	Triple Jump	Pit 1	
10:30 AM	Girls	U15	1500 Metre Run								
10:30 AM	Girls	U16	1500 Metre Run			10:40 AM	Girls	U16	High Jump	Area 1	1.35m
10:30 AM	Girls	U17	1500 Metre Run			10:40 AM	Boys	U12	Triple Jump	Pit 1	
10:50 AM	Boys	U09-10 MC	100 Metre Run			10:50 AM	Girls	U11	Discus	Circle 1	500g
10:50 AM	Girls	U09-10 MC	100 Metre Run			10:50 AM	Girls	U13	Long Jump	Pit 1	
10:50 AM	Boys	U11-12 MC	100 Metre Run								
10:50 AM	Girls	U11-12 MC	100 Metre Run			11:00 AM	Boys	U10	Long Jump	Pit 2	
10:50 AM	Boys	U13-U17 MC	100 Metre Run								
10:50 AM	Girls	U13-U17 MC	100 Metre Run			11:20 AM	Boys	U14	Javelin	Runway 1	600g
10:52 AM	Boys	U09	100 Metre Run			11:20 AM	Boys	U17	High Jump	Area 1	1.45m
10:56 AM	Girls	U09	100 Metre Run								
11:00 AM	Boys	U10	100 Metre Run			11:40 AM	Boys	U13-17MC	Long Jump	Pit 1	
11:06 AM	Girls	U10	100 Metre Run			11:40 AM	Boys	U09-10MC	Long Jump	Pit 1	
11:10 AM	Boys	U11	100 Metre Run			11:40 AM	Girls	U13-17MC	Long Jump	Pit 1	
11:14 AM	Girls	U11	100 Metre Run			11:40 AM	Girls	U12	High Jump	Area 1	1.15m
11:20 AM	Boys	U12	100 Metre Run			11:40 AM	Boys	U13	Shot Put	Circle 1	3kg
11:24 AM	Girls	U12	100 Metre Run								
11:28 AM	Boys	U13	100 Metre Run								
11:30 AM	Girls	U13	100 Metre Run								
11:34 AM	Boys	U14	100 Metre Run								
11:36 AM	Girls	U14	100 Metre Run								
11:40 AM	Boys	U15	100 Metre Run								
11:42 AM	Girls	U15	100 Metre Run								
11:44 AM	Boys	U16	100 Metre Run								
11:44 AM	Boys	U17	100 Metre Run								
11:46 AM	Girls	U16	100 Metre Run								
11:46 AM	Girls	U17	100 Metre Run								
11:58 AM	Boys	U09-10 MC	200 Metre Run								
11:58 AM	Girls	U09-10 MC	200 Metre Run								
11:58 AM	Boys	U11-12 MC	200 Metre Run								
11:58 AM	Girls	U11-12 MC	200 Metre Run								
11:58 AM	Boys	U13-U17 MC	200 Metre Run								
11:58 AM	Girls	U13-U17 MC	200 Metre Run								

## SUNDAY AFTERNOON SESSION

TRACK						FIELD					
Draft Time	Gender	Age	Event	Heights	Round	Draft Time	Gender	Age	Event	Location	Weight / Start Height
12:40 PM	Girls	U17	100 Metre Hurdles			12:30 PM	Boys	U11	Javelin	Runway 1	400g
12:40 PM	Boys	U16	100 Metre Hurdles								
12:40 PM	Boys	U15	100 Metre Hurdles			12:40 PM	Boys	U10	High Jump	Area 2	1.00m
12:50 PM	Girls	U16	90 Metre Hurdles								
12:50 PM	Girls	U15	90 Metre Hurdles			12:50 PM	Girls	U14	Discus	Circle 1	1kg
12:50 PM	Boys	U14	90 Metre Hurdles			12:50 PM	Boys	U11	Long Jump	Pit 1	
1:00 PM	Girls	U14	80 Metre Hurdles			12:50 PM	Girls	U13	Shot Put	Circle 1	3kg
1:02 PM	Boys	U13	80 Metre Hurdles								
1:04 PM	Girls	U13	80 Metre Hurdles			1:00 PM	Boys	U12	High Jump	Area 1	1.25m
1:12 PM	Boys	U12	80 Metre Hurdles								
1:14 PM	Girls	U12	80 Metre Hurdles			1:10 PM	Girls	U17	Discus	Circle 1	1kg
1:24 PM	Boys	U11	80 Metre Hurdles			1:10 PM	Boys	U16	Triple Jump	Pit 1	
1:28 PM	Girls	U11	80 Metre Hurdles								
1:40 PM	Boys	U10	60 Metre Hurdles			1:20 PM	Girls	U15	Discus	Circle 1	1kg
1:44 PM	Girls	U10	60 Metre Hurdles			1:20 PM	Girls	U16	Triple Jump	Pit 1	
1:54 PM	Boys	U09	60 Metre Hurdles								
1:58 PM	Girls	U09	60 Metre Hurdles			1:30 PM	Boys	U09	Long Jump	Pit 2	
						1:30 PM	Girls	U11	Shot Put	Circle 1	2kg
2:22 PM	Boys	U09-10 MC	400 Metre Run								
2:22 PM	Girls	U09-10 MC	400 Metre Run			1:50 PM	Boys	U15	Javelin	Runway 1	700g
2:22 PM	Boys	U11-12 MC	400 Metre Run			1:50 PM	Girls	U14	Long Jump	Pit 1	
2:22 PM	Girls	U11-12 MC	400 Metre Run								
2:22 PM	Boys	U13-U17 MC	400 Metre Run			2:00 PM	Girls	U16	Discus	Circle 1	1kg
2:22 PM	Girls	U13-U17 MC	400 Metre Run			2:00 PM	Girls	U12	Triple Jump	Pit 1	
2:25 PM	Boys	U11	400 Metre Run								
2:31 PM	Girls	U11	400 Metre Run			2:20 PM	Girls	U09	Discus	Circle 1	500g
2:43 PM	Boys	U10	400 Metre Run			2:20 PM	Girls	U11	Long Jump	Pit 1	
2:52 PM	Girls	U10	400 Metre Run			2:30 PM	Girls	U13	Discus	Circle 1	750g

3:01 PM	Boys	U09	400 Metre Run
3:10 PM	Girls	U09	400 Metre Run
3:16 PM	Boys	U12	400 Metre Run
3:22 PM	Girls	U12	400 Metre Run
3:28 PM	Boys	U13	400 Metre Run
3:34 PM	Girls	U13	400 Metre Run
3:43 PM	Boys	U14	400 Metre Run
3:49 PM	Girls	U14	400 Metre Run
3:52 PM	Boys	U15	400 Metre Run
3:52 PM	Girls	U15	400 Metre Run
3:55 PM	Boys	U16	400 Metre Run
3:55 PM	Girls	U16	400 Metre Run
3:58 PM	Boys	U17	400 Metre Run
3:58 PM	Girls	U17	400 Metre Run

2:40 PM	Boys	U13	Javelin	Runway 1	600g
2:50 PM	Girls	U14	Shot Put	Circle 1	3kg
3:00 PM	Girls	U15	High Jump	Area 1	1.30m
3:10 PM	Boys	U14	Long Jump	Pit 2	
3:20 PM	Boys	U14	Shot Put	Circle 1	3kg
3:30 PM	Boys	U09-10MC	Discus	Circle 1	Various
3:30 PM	Boys	U13-17MC	Discus	Circle 1	Various
3:30 PM	Girls	U13-17MC	Discus	Circle 1	Various
3:30 PM	Boys	U17	Triple Jump	Pit 1	
3:40 PM	Boys	U16	Javelin	Runway 1	700g
3:40 PM	Boys	U15	High Jump	Area 1	1.40m
3:50 PM	Girls	U17	Triple Jump	Pit 1	

Draft Timetable, subject to change - 30th January 2023