

APS HEATS PROGRAMME OF EVENTS

<i>EVENT NO</i>	<i>TIME</i>	<i>AGE GROUP</i>	<i>EVENT</i>
1.	1.30pm	OPEN	400 METRES
2.	1.40	U14	100 METRES
3.	1.45	U15	100 METRES
4.	1.50	U16	100 METRES
5.	1.55	U17	100 METRES
6.	2.00	OPEN	100 METRES
7.	2.10	U15	100 METRES HURDLES
8.	2.15	U16	100 METRES HURDLES
9.	2.25	U17	110 METRES HURDLES
10.	2.35	OPEN	110 METRES HURDLES
11.	2.45	U14	200 METRES
12.	2.50	U15	200 METRES
13.	2.55	U16	200 METRES
14.	3:00	U17	200 METRES
15.	3.05	OPEN	200 METRES
16.	3.15	U14	4x100 METRES RELAY
17.	3.23	U15	4x100 METRES RELAY
18.	3.31	U16	4x100 METRES RELAY
19.	3.38	U17	4x100 METRES RELAY
20.	3.46	OPEN	4x100 METRES RELAY
21.	3.55	U15	4x400 METRES RELAY
22.	4:05	U16	4x400 METRES RELAY
23.	4:15	U17	4x400 METRES RELAY
24.	4.25	OPEN	4x400 METRES RELAY