

APS HEATS PROGRAMME OF EVENTS

<i>EVENT NO</i>	<i>TIME</i>	<i>AGE GROUP</i>	<i>EVENT</i>
1.	2.00pm	OPEN	400 METRES
2.	2.10	U14	100 METRES
3.	2.15	U15	100 METRES
4.	2.20	U16	100 METRES
5.	2.25	U17	100 METRES
6.	3.00	OPEN	100 METRES
7.	3.10	U14	90 METRES HURDLES
8.	3.15	U15	100 METRES HURDLES
9.	3.25	U16	100 METRES HURDLES
10.	3.35	U17	110 METRES HURDLES
11	3.45	OPEN	110 METRES HURDLES
12.	3.50	U14	200 METRES
13.	3.55	U15	200 METRES
14.	4.00	U16	200 METRES
15.	4.05	U17	200 METRES
16.	4.15	OPEN	200 METRES
17.	4.23	U14	4x100 METRES RELAY
18.	4.31	U15	4x100 METRES RELAY
19.	4.38	U16	4x100 METRES RELAY
20.	4.46	U17	4x100 METRES RELAY
21.	4.55	OPEN	4x100 METRES RELAY