

FRIDAY 13 JANUARY 2023	
Session: 1 Day 1 Morning	
Boys Discus Throw Grade 7, Grade 10, Grade 11	Finals
Boys High Jump Grade 12	Finals
Boys Long Jump Grade 8	Finals
Boys Shot Put Grade 14	Finals
Boys 400 Meter Dash Grade 12, Grade 13, Grade 14, Para	Prelims
Boys 100 Meter Dash Grade 10, Grade 11	Prelims
Boys 60 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Boys 1600 Meter Race Walk Grade 13	Finals
Boys 100 Meter Hurdles Grade 14	Prelims
Boys 80 Meter Hurdles Grade 12, Grade 13	Prelims
Girls High Jump Grade 10	Finals
Girls Long Jump Grade 8, Grade 12, Grade 13, Para	Finals
Girls Shot Put Grade 9, Grade 14, Para	Finals
Girls 800 Meter Run Grade 11	Prelims
Girls 400 Meter Dash Grade 12, Grade 13, Grade 14, Para	Prelims
Girls 200 Meter Dash Grade 10, Grade 11	Prelims
Girls 1600 Meter Race Walk Grade 13	Finals
Girls 80 Meter Hurdles Grade 12, Grade 13, Grade 14	Prelims
Session: 2 Day 1 Afternoon	
Boys Discus Throw Grade 12, Para	Finals
Boys High Jump Grade 13	Finals
Boys Long Jump Grade 14	Finals
Boys Shot Put Grade 9	Finals
Boys 100 Meter Dash Grade 10, Grade 11	Semis
Boys 4x100 Meter Relay Grade 7, Grade 8, Grade 9	Finals
Boys 400 Meter Dash Grade 12, Grade 13, Grade 14	Finals
Boys 1500 Meter Run Grade 10, Grade 11, Para	Finals
Boys 100 Meter Dash Grade 10, Grade 11	Finals
Boys 100 Meter Hurdles Grade 14	Finals
Boys 80 Meter Hurdles Grade 12, Grade 13	Finals
Boys 4x100 Meter Relay Grade 11	Prelims
Girls Discus Throw Grade 7, Grade 13, Para	Finals
Girls High Jump Grade 11	Finals
Girls Long Jump Grade 14	Finals
Girls Shot Put Grade 11, Grade 12, Grade 14	Finals
Girls 200 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Girls 200 Meter Dash Grade 10, Grade 11	Semis
Girls 400 Meter Dash Grade 12, Grade 13, Grade 14	Finals
Girls 800 Meter Run Grade 10, Grade 11, Para	Finals
Girls 200 Meter Dash Grade 10, Grade 11	Finals
Girls 80 Meter Hurdles Grade 12, Grade 13, Grade 14	Finals
Girls 4x100 Meter Relay Grade 11	Prelims
Mixed Distance Medley Grade 12, Grade 13, Grade 14	Finals

SATURDAY 14 JANUARY 2023	
Session: 3 Day 2 Morning	
Boys Discus Throw Grade 8, Grade 14	Finals
Boys High Jump Grade 11	Finals
Boys Long Jump Grade 9, Grade 10, Para	Finals
Boys Shot Put Grade 7, Grade 13	Finals
Boys 200 Meter Dash Grade 10, Grade 11	Prelims
Boys 200 Meter Dash Grade 12, Grade 13, Grade 14, Para	Prelims
Boys 1200 Meter Race Walk Grade 10, Grade 12	Finals
Boys 800 Meter Run Grade 13	Prelims
Boys 200 Meter Dash Grade 10, Grade 11	Semis
Boys 200 Meter Dash Grade 12	Semis
Girls Discus Throw Grade 8	Finals
Girls Long Jump Grade 9, Grade 10	Finals
Girls High Jump Grade 13	Finals
Girls 100 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Girls 100 Meter Dash Grade 10, Grade 11	Prelims
Girls 100 Meter Dash Grade 12, Grade 13, Grade 14	Prelims
Girls 1200 Meter Race Walk Grade 10, Grade 12	Finals
Session: 4 Day 2 Afternoon	
Boys Shot Put Grade 12	Finals
Boys Long Jump Grade 13	Finals
Boys 200 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Boys 200 Meter Dash Grade 10, Grade 11	Finals
Boys 200 Meter Dash Grade 12, Grade 13, Grade 14	Finals
Boys 4x100 Meter Relay Grade 10, Grade 11	Finals
Boys 4x100 Meter Relay Grade 12, Grade 14	Prelim
Boys 800 Meter Run Grade 10, Grade 11	Finals
Boys 800 Meter Run Grade 12, Grade 13, Grade 14	Finals
Girls Discus Throw Grade 10, Grade 11, Grade 12	Finals
Girls High Jump Grade 13, Grade 14	Finals
Girls Shot Put Grade 7	Finals
Girls 100 Meter Dash Grade 10, Grade 11	Semis
Girls 100 Meter Dash Grade 12, Grade 13, Grade 14	Semis
Girls 100 Meter Dash Grade 10, Grade 11	Finals
Girls 100 Meter Dash Grade 12, Grade 13, Grade 14, Para	Finals
Girls 4x100 Meter Relay Grade 7, Grade 8, Grade 9	Finals
Girls 4x100 Meter Relay Grade 10, Grade 11	Finals
Girls 4x100 Meter Relay Grade 12, Grade 13, Grade 14	Prelims
Girls 1500 Meter Run Grade 10, Grade 11	Finals
Girls 1500 Meter Run Grade 12, Grade 13, Grade 14, Para	Finals

SUNDAY 15 JANUARY 2023	
Session: 5 Day 3 Morning	
Boys Discus Throw Grade 13	Finals
Boys High Jump Grade 10, Grade 14	Finals
Boys Long Jump Grade 7, Grade 12	Finals
Boys Shot Put Grade 8, Grade 10	Finals
Boys 100 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Boys 400 Meter Dash Grade 10, Grade 11	Prelims
Boys 100 Meter Dash Grade 12, Grade 13, Grade 14	Prelims
Boys 100 Meter Dash Para	Finals
Boys 2000 Meter Race Walk Grade 14	Finals
Boys 1200 Meter Race Walk Grade 11	Finals
Girls Discus Throw Grade 9, Grade 14, Para	Finals
Girls High Jump Grade 12	Finals
Girls Long Jump Grade 7, Grade 11	Finals
Girls Shot Put Grade 13, Para	Finals
Girls 800 Meter Run Grade 12, Grade 13, Grade 14	Prelims
Girls 200 Meter Dash Grade 12, Grade 13, Grade 14	Prelims
Girls 400 Meter Dash Grade 10, Grade 11	Prelims
Girls 2000 Meter Race Walk Grade 14	Finals
Girls 1200 Meter Race Walk Grade 11	Finals
Session: 6 Day 3 Afternoon	
Boys Discus Throw Grade 9	Finals
Boys Long Jump Grade 7, Grade 11	Finals
Boys Shot Put Grade 11	Finals
Boys High Jump Grade 10	Finals
Boys 100 Meter Dash Grade 12, Grade 13, Grade 14	Semis
Boys 400 Meter Dash Grade 10, Grade 11	Finals
Boys 1500 Meter Run Grade 12, Grade 13, Grade 14	Finals
Boys 100 Meter Dash Grade 12, Grade 13, Grade 14	Finals
Boys 4x100 Meter Relay Grade 12, Grade 13, Grade 14	Finals
Girls Discus Throw Grade 14	Finals
Girls Shot Put Grade 8, Grade 10	Finals
Girls 60 Meter Dash Grade 7, Grade 8, Grade 9	Finals
Girls 200 Meter Dash Grade 12, Grade 13, Grade 14	Semis
Girls 400 Meter Dash Grade 10, Grade 11	Finals
Girls 800 Meter Run Grade 12, Grade 13, Grade 14	Finals
Girls 200 Meter Dash Grade 12, Grade 13, Grade 14	Finals
Girls 4x100 Meter Relay Grade 12, Grade 13, Grade 14	Finals
Mixed Distance Medley Grade 10, Grade 11	Finals