

<b>Pre-Program</b>	
<b>Time</b>	<b>Event</b>
3:50	Men's 400m Hurdles - Open
3:55	Men's 400m Hurdles - Juniors
4:00	Women's 400m Hurdles - Open and Juniors
4:11	Men's 100m F Race
	Men's 100m E Race
	Men's 100m D Race
	Men's 100m C Race
	Men's 100m B Race
	Men's 100m A Race
4:26	Women's 100m C Race
	Women's 100m B Race
	Women's 100m A Race
4:33	Men's 400m F Race
4:37	Men's 400m E Race
4:41	Men's 400m D Race
4:45	Men's 400m C Race
4:49	Women's 400m D Race
4:53	Women's 400m C Race
4:57	Men's 800m F Race
5:03	Men's 800m E Race
5:09	Men's 800m D Race
5:15	Men's 800m C Race
5:21	Women's 800m D Race
5:27	Women's 800m C Race
5:33	Men's Mile I Race
5:41	Men's Mile H Race
5:49	Men's Mile G Race
5:57	Men's Mile F Race
6:05	Men's Mile E Race
6:13	Men's Mile D Race
6:21	Men's Mile C Race
6:29	Women's Mile D Race
6:37	Women's Mile C Race
6:45	Community 5km

<b>Main Program</b>	
<b>Time</b>	<b>Event</b>
7:31	Women's 400m B Race
7:36	Men's 400m B Race
7:41	Women's 800m B Race
7:47	Men's 800m B Race
7:53	Women's Mile B Race
8:01	Men's Mile B Race
8:09	Women's 400m A Race
8:17	Men's 400m A Race
8:25	Men's 800m A Race
8:35	Women's 800m A Race
8:45	Women's Mile A Race
9:00	Men's Mile A Race

<b>Field Program</b>	
<b>Time</b>	<b>Event</b>
3:30	Men's Javelin
3:30	Women's Javelin
5:10	Men's High Jump
4:00	Women's Pole Vault
6:00	Men's Pole Vault
6:30	Women's High Jump