

Track Events

12:30 PM	#1	Women 200 Metre Hurdles Under 14	Finals
12:33 PM	#2	Men 200 Metre Hurdles Under 14	Finals
12:37 PM	#3	Women 200 Metre Hurdles Under 18	Finals
12:42 PM	#4	Men 200 Metre Hurdles Under 18	Finals
1:00 PM	#5	Women 100 Metre Open	Finals
1:11 PM	#6	Women 100 Metre Under 14	Finals
1:17 PM	#7	Women 100 Metre Under 18	Finals
1:28 PM	#8	Women 100 Metre Masters 35-49	Finals
1:31 PM	#9	Women 100 Metre Masters 50+	Finals
1:35 PM	#10	Men 100 Metre Open	Finals
1:50 PM	#11	Men 100 Metre Under 14	Finals
1:58 PM	#12	Men 100 Metre Under 18	Finals
2:25 PM	#13	Men 100 Metre Masters 35-49	Finals
2:28 PM	#14	Men 100 Metre Masters 50+	Finals
2:28 PM	#15	Women 100 Metre Para athletes	Finals
2:28 PM	#16	Men 100 Metre Para athletes	Finals
2:48 PM	#17	Women 400 Metre Open	Finals
3:01 PM	#18	Women 400 Metre Under 14	Finals
3:08 PM	#19	Women 400 Metre Under 18	Finals
3:19 PM	#20	Women 400 Metre Masters 35-49	Finals
3:19 PM	#21	Women 400 Metre Masters 50+	Finals
3:25 PM	#22	Men 400 Metre Open	Finals
3:47 PM	#23	Men 400 Metre Under 14	Finals
3:54 PM	#24	Men 400 Metre Under 18	Finals
4:24 PM	#25	Men 400 Metre Masters 35-49	Finals
4:28 PM	#26	Men 400 Metre Masters 50+	Finals
4:33 PM	#27	Women 400 Metre Para athletes	Finals
4:33 PM	#28	Men 400 Metre Para athletes	Finals
4:52 PM	#29	Women 3000 Metre Open	Finals

4:52 PM	#30	Women 3000 Metre Masters 35-49	Finals
4:52 PM	#31	Women 3000 Metre Masters 50+	Finals
4:52 PM	#32	Men 3000 Metre Masters 35-49	Finals
4:52 PM	#33	Men 3000 Metre Masters 50+	Finals
5:08 PM	#34	Women 3000 Metre Under 18	Finals
5:20 PM	#35	Men 3000 Metre Open	Finals
5:32 PM	#36	Men 3000 Metre Under 18	Finals
5:44 PM	#37	Women 5000 Metre Open	Finals
5:44 PM	#38	Men 5000 Metre Open	Finals
6:15 PM	#39	Women 3000 Metre Race Walk Under 14	Finals
6:15 PM	#40	Women 3000 Metre Race Walk Under 18	Finals
6:15 PM	#41	Women 3000 Metre Race Walk Masters 50+	Finals
6:15 PM	#42	Men 3000 Metre Race Walk Under 14	Finals
6:15 PM	#43	Men 3000 Metre Race Walk Under 18	Finals
6:15 PM	#44	Men 3000 Metre Race Walk Masters 50+	Finals
6:45 PM	#45	Men 5000 Metre Race Walk Masters 35-49	Finals
6:45 PM	#46	Women 5000 Metre Race Walk Masters 35-49	Finals
6:45 PM	#47	Women 5000 Metre Race Walk Open	Finals
6:45 PM	#48	Men 5000 Metre Race Walk Open	Finals

Field Events

LONG JUMP

13:00	Long Jump	5.50m+
13:00	Womens Long Jump	U18, Open, Para
14:30	Womens Long Jump	U14, 35-49, 50+
14:50	Mens Long Jump	U14,35-49, 50+
16:30	Mens Long Jump	U18, Opens, Para

JAVELIN

13:00	Javelin	35m+ & 50m+
14:50	Javelin	Male
16:45	Javelin	Female