

## Track Events

12:45 PM	Women 100 Metre Open	Finals
12:59 PM	Women 100 Metre Under 14	Finals
1:07 PM	Women 100 Metre Under 18	Finals
1:18 PM	Women 100 Metre Masters 35-49	Finals
1:18 PM	Women 100 Metre Masters 50+	Finals
1:22 PM	Men 100 Metre Open	Finals
1:40 PM	Men 100 Metre Under 14	Finals
1:48 PM	Men 100 Metre Under 18	Finals
2:09 PM	Men 100 Metre Masters 35-49	Finals
2:09 PM	Men 100 Metre Masters 50+	Finals
2:15 PM	Women 100 Metre Para	Finals
2:15 PM	Men 100 Metre Para	Finals
2:35 PM	Women 200 Metre Open	Finals
2:47 PM	Women 200 Metre Under 14	Finals
2:59 PM	Women 200 Metre Under 18	Finals
3:12 PM	Women 200 Metre Masters 35-49	Finals
3:12 PM	Women 200 Metre Masters 50+	Finals
3:16 PM	Men 200 Metre Open	Finals
3:37 PM	Men 200 Metre Under 14	Finals
3:46 PM	Men 200 Metre Under 18	Finals
4:11 PM	Men 200 Metre Masters 35-49	Finals
4:13 PM	Men 200 Metre Masters 50+	Finals
4:18 PM	Women 200 Metre Para	Finals
4:18 PM	Men 200 Metre Para	Finals
4:35 PM	Women 2x100 Metre Relay Open	Finals
4:35 PM	Women 2x100 Metre Relay Under 14	Finals
4:35 PM	Women 2x100 Metre Relay Under 18	Finals
4:35 PM	Women 2x100 Metre Relay Masters 35-49	Finals
4:35 PM	Women 2x100 Metre Relay Masters 50+	Finals
4:35 PM	Men 2x100 Metre Relay Open	Finals
4:35 PM	Men 2x100 Metre Relay Under 14	Finals
4:35 PM	Men 2x100 Metre Relay Under 18	Finals
4:35 PM	Men 2x100 Metre Relay Masters 35-49	Finals
4:35 PM	Men 2x100 Metre Relay Masters 50+	Finals
5:10 PM	Women 800 Metre Open	Finals

5:20 PM	Women 800 Metre Under 14	Finals
5:30 PM	Women 800 Metre Under 18	Finals
5:40 PM	Women 800 Metre Masters 35-49	Finals
5:40 PM	Women 800 Metre Masters 50+	Finals
5:47 PM	Men 800 Metre Open	Finals
5:57 PM	Men 800 Metre Under 14	Finals
6:07 PM	Men 800 Metre Under 18	Finals
6:17 PM	Men 800 Metre Masters 35-49	Finals
6:23 PM	Men 800 Metre Masters 50+	Finals
6:35 PM	Women 4x400 Metre Relay Open	Finals
6:35 PM	Women 4x400 Metre Relay Under 14	Finals
6:35 PM	Women 4x400 Metre Relay Under 18	Finals
6:35 PM	Women 4x400 Metre Relay Masters 35-49	Finals
6:35 PM	Women 4x400 Metre Relay Masters 50+	Finals
6:35 PM	Men 4x400 Metre Relay Open	Finals
6:35 PM	Men 4x400 Metre Relay Under 14	Finals
6:35 PM	Men 4x400 Metre Relay Under 18	Finals
6:35 PM	Men 4x400 Metre Relay Masters 35-49	Finals
6:35 PM	Men 4x400 Metre Relay Masters 50+	Finals

## Warm up Track

2:45 PM	Men 400 Metre Hurdles 91.4cm Open	Finals
2:49 PM	Men 400 Metre Hurdles 91.4cm Masters 35-49	Finals
2:49 PM	Men 400 Metre Hurdles 91.4cm Under 18	Finals
3:04 PM	Men 400 Metre Hurdles 84cm Under 18	Finals
3:24 PM	Women 400 Metre Hurdles 76.2cm Open	Finals
3:28 PM	Women 400 Metre Hurdles 76.2cm Under 18	Finals
4:00 PM	Men 3000 Metre Steeplechase 91.4 Open	Finals
4:00 PM	Men 3000 Metre Steeplechase 91.4 Masters 35-49	Finals
4:28 PM	Men 2000 Metre Steeplechase 84cm Under 18	Finals
4:48 PM	Women 3000 Metre Steeplechase 76.2 Open	Finals
5:08 PM	Women 2000 Metre Steeplechase 76.2 Under 18	Finals
5:23 PM	Women 2000 Metre Steeplechase 76.2 Masters 50+	Finals
5:23 PM	Men 2000 Metre Steeplechase 76.2 Under 18	Finals
5:23 PM	Men 2000 Metre Steeplechase 76.2 Masters 50+	Finals

## Field Events

13:00	Hammer 50m+
14:10	Hammer 35m+
15:45	Hammer Women
17:10	Hammer Men
12:45	High Jump 1.70m
14:45	High Jump 1.50m
15:30	High Jump 1.20m (U14, U18, Open Women)
16:15	High Jump 1.20m (Men and 35-49, 50+ Women)
13:00	PV 3.30m Start
14:35	PV 1.80m Start Men
16:45	PV 1.80m Start Women