

12:30 PM	Men 110 Metre Hurdles 106.7cm Open	Finals
12:33 PM	Men 110 Metre Hurdles 99.1cm Open	Finals
12:33 PM	Men 110 Metre Hurdles 99.1cm Masters 35-49	Finals
12:40 PM	Men 110 Metre Hurdles 91.4cm Under 18	Finals
12:48 PM	Women 100 Metre Hurdles 84cm Open	Finals
12:51 PM	Men 100 Metre Hurdles 84cm Masters 50+	Finals
12:54 PM	Men 100 Metre Hurdles 84cm Under 18	Finals
1:01 PM	Women 100 Metre Hurdles 76cm Under 18	Finals
1:10 PM	Women 90 Metre Hurdles 76.2cm Under 18	Finals
1:13 PM	Men 90 Metre Hurdles 76.2cm Under 14	Finals
1:20 PM	Women 80 Metre Hurdles 76.2cm Under 14	Finals
1:20 PM	Women 80 Metre Hurdles 76.2cm Masters 35-49	Finals
1:20 PM	Women 80 Metre Hurdles 76.2cm Masters 50+	Finals
1:40 PM	Women 60 Metre Open	Finals
1:54 PM	Women 60 Metre Under 14	Finals
2:02 PM	Women 60 Metre Under 18	Finals
2:10 PM	Women 60 Metre Masters 35-49	Finals
2:13 PM	Women 60 Metre Masters 50+	Finals
2:17 PM	Men 60 Metre Open	Finals
2:31 PM	Men 60 Metre Under 14	Finals
2:39 PM	Men 60 Metre Under 18	Finals
2:58 PM	Men 60 Metre Masters 35-49	Finals
3:00 PM	Men 60 Metre Masters 50+	Finals
3:20 PM	Women 200 Metre Open	Finals
3:38 PM	Women 200 Metre Under 14	Finals
3:50 PM	Women 200 Metre Under 18	Finals
4:03 PM	Women 200 Metre Masters 35-49	Finals
4:03 PM	Women 200 Metre Masters 50+	Finals
4:10 PM	Men 200 Metre Open	Finals

4:28 PM	Men 200 Metre Under 14	Finals
4:37 PM	Men 200 Metre Under 18	Finals
5:02 PM	Men 200 Metre Masters 35-49	Finals
5:04 PM	Men 200 Metre Masters 50+	Finals
5:10 PM	Women 200 Metre Open Para	Finals
5:10 PM	Men 200 Metre Open Para	Finals
5:30 PM	Women 4x100 Metre Relay Open	Finals
5:30 PM	Women 4x100 Metre Relay Under 14	Finals
5:30 PM	Women 4x100 Metre Relay Under 18	Finals
5:30 PM	Women 4x100 Metre Relay Masters 35-49	Finals
5:30 PM	Women 4x100 Metre Relay Masters 50+	Finals
5:30 PM	Men 4x100 Metre Relay Open	Finals
5:30 PM	Men 4x100 Metre Relay Under 14	Finals
5:30 PM	Men 4x100 Metre Relay Under 18	Finals
5:30 PM	Men 4x100 Metre Relay Masters 35-49	Finals
5:30 PM	Men 4x100 Metre Relay Masters 50+	Finals
5:55 PM	Women 1500 Metre Open	Finals
5:55 PM	Women 1500 Metre Under 18	Finals
6:03 PM	Women 1500 Metre Under 14	Finals
6:03 PM	Women 1500 Metre Masters 35-49	Finals
6:03 PM	Women 1500 Metre Masters 50+	Finals
6:15 PM	Men 1500 Metre Open	Finals
6:22 PM	Men 1500 Metre Under 14	Finals
6:29 PM	Men 1500 Metre Under 18	Finals
6:35 PM	Men 1500 Metre Masters 35-49	Finals
6:35 PM	Men 1500 Metre Masters 50+	Finals
6:35 PM	Men 1500 Metre Open Para	Finals

Field Events

Discus

- 12:30 Women's Discus (Open, 35-49, 50+ and Para)
- 13:45 Women's Discus (U14 and U18)
- 15:15 Discus >40m
- 16:25 Men's Discus (U14 and U18)
- 17:40 Men's Discus (Open, 35-49, 50+ and Para)

Shotput

- 12:30 Shotput >11m
- 13:45 Men's Shotput (U14, U18 and Open)
- 15:15 Men & Women Shotput (35-49, 50+ and Para)
- 17:00 Women's Shotput (U14, U18 and Open)

Triple Jump

- 12:30 Triple Jump 11/13m board
- 13:45 Women's Triple Jump 7m board
- 15:20 Men's Triple Jump 7m Board
- 16:30 Triple Jump 9m board