

Track Events

12:30 PM	#1	Women 200 Metre Hurdles Under 14	Finals
12:33 PM	#2	Men 200 Metre Hurdles Under 14	Finals
12:36 PM	#3	Women 200 Metre Hurdles Under 18	Finals
12:40 PM	#4	Men 200 Metre Hurdles Under 18	Finals
1:00 PM	#5	Women 100 Metre Open	Finals
1:12 PM	#6	Women 100 Metre Under 14	Finals
1:18 PM	#7	Women 100 Metre Under 18	Finals
1:27 PM	#8	Women 100 Metre Masters 35-49	Finals
1:30 PM	#9	Women 100 Metre Masters 50+	Finals
1:34 PM	#10	Men 100 Metre Open	Finals
1:54 PM	#11	Men 100 Metre Under 14	Finals
1:59 PM	#12	Men 100 Metre Under 18	Finals
2:15 PM	#13	Men 100 Metre Masters 35-49	Finals
2:18 PM	#14	Men 100 Metre Masters 50+	Finals
2:25 PM	#15	Women 100 Metre Para athletes	Finals
2:25 PM	#16	Men 100 Metre Para athletes	Finals
2:45 PM	#17	Women 400 Metre Open	Finals
2:56 PM	#18	Women 400 Metre Under 14	Finals
3:00 PM	#19	Women 400 Metre Under 18	Finals
3:07 PM	#20	Women 400 Metre Masters 35-49	Finals
3:07 PM	#21	Women 400 Metre Masters 50+	Finals
3:12 PM	#22	Men 400 Metre Open	Finals
3:30 PM	#23	Men 400 Metre Under 14	Finals
3:37 PM	#24	Men 400 Metre Under 18	Finals
3:59 PM	#25	Men 400 Metre Masters 35-49	Finals
4:02 PM	#26	Men 400 Metre Masters 50+	Finals
4:02 PM	#27	Men 400 Metre Para athletes	Finals

4:20 PM	#28	Women 2x100 Metre Relay Open	Finals
4:20 PM	#29	Women 2x100 Metre Relay Under 14	Finals
4:20 PM	#30	Women 2x100 Metre Relay Under 18	Finals
4:20 PM	#31	Women 2x100 Metre Relay Masters 35-49	Finals
4:20 PM	#32	Women 2x100 Metre Relay Masters 50+	Finals
4:20 PM	#33	Men 2x100 Metre Relay Open	Finals
4:20 PM	#34	Men 2x100 Metre Relay Under 14	Finals
4:20 PM	#35	Men 2x100 Metre Relay Under 18	Finals
4:20 PM	#36	Men 2x100 Metre Relay Masters 35-49	Finals
4:20 PM	#37	Men 2x100 Metre Relay Masters 50+	Finals
4:40 PM	#38	Women 3000 Metre Under 18	Finals
4:40 PM	#39	Women 3000 Metre Masters 35-49	Finals
4:40 PM	#40	Women 3000 Metre Masters 50+	Finals
4:40 PM	#41	Men 3000 Metre Masters 50+	Finals
5:00 PM	#42	Men 3000 Metre Under 18	Finals
5:00 PM	#43	Men 3000 Metre Masters 35-49	Finals
5:20 PM	#44	Women 5000 Metre Open	Finals
5:20 PM	#45	Men 5000 Metre Open	Finals
5:45 PM	#46	Women 3000 Metre Race Walk Under 14	Finals
5:45 PM	#47	Women 3000 Metre Race Walk Under 18	Finals
5:45 PM	#48	Women 3000 Metre Race Walk Masters 50+	Finals
5:45 PM	#49	Men 3000 Metre Race Walk Under 14	Finals
5:45 PM	#50	Men 3000 Metre Race Walk Under 18	Finals
5:45 PM	#51	Men 3000 Metre Race Walk Masters 50+	Finals
6:10 PM	#52	Women 5000 Metre Race Walk Open	Finals
6:10 PM	#53	Women 5000 Metre Race Walk Masters 35-49	Finals
6:10 PM	#54	Men 5000 Metre Race Walk Open	Finals
6:10 PM	#55	Men 5000 Metre Race Walk Masters 35-49	Finals

Field Events

LONG JUMP

13:00	Long Jump	5.50m+
13:00	Women's Long Jump	U18, Open, Para
14:45	Women's Long Jump	U14, 35-49, 50+
15:00	Men's Long Jump	U14,35-49, 50+
16:10	Men's Long Jump	U18, Opens, Para

JAVELIN

13:00	Javelin	40m+
14:05	Men & Women Javelin	35-49, 50+
15:45	Men's Javelin	U14, U18, Open, Para
17:15	Women's Javelin	U14, U18, Open, Para