

## TRACK EVENTS

12:30 PM	Women 100 Metre Open	Finals
12:50 PM	Women 100 Metre Under 14	Finals
12:56 PM	Women 100 Metre Under 18	Finals
1:05 PM	Women 100 Metre Masters 35-49	Finals
1:08 PM	Women 100 Metre Masters 50+	Finals
1:12 PM	Men 100 Metre Open	Finals
1:30 PM	Men 100 Metre Under 14	Finals
1:38 PM	Men 100 Metre Under 18	Finals
2:03 PM	Men 100 Metre Masters 35-49	Finals
2:08 PM	Men 100 Metre Masters 50+	Finals
2:13 PM	Women 100 Metre Para	Finals
2:13 PM	Men 100 Metre Para	Finals
2:30 PM	Women 200 Metre Open	Finals
2:52 PM	Women 200 Metre Under 14	Finals
2:59 PM	Women 200 Metre Under 18	Finals
3:13 PM	Women 200 Metre Masters 35-49	Finals
3:20 PM	Women 200 Metre Masters 50+	Finals
3:26 PM	Men 200 Metre Open	Finals
3:50 PM	Men 200 Metre Under 14	Finals
3:59 PM	Men 200 Metre Under 18	Finals
4:23 PM	Men 200 Metre Masters 35-49	Finals
4:26 PM	Men 200 Metre Masters 50+	Finals
4:30 PM	Women 200 Metre Para	Finals
4:30 PM	Men 200 Metre Para	Finals
4:45 PM	Women 800 Metre Open	Finals
4:55 PM	Women 800 Metre Under 18	Finals
5:00 PM	Women 800 Metre Under 14	Finals
5:10 PM	Women 800 Metre Masters 35-49	Finals
5:10 PM	Women 800 Metre Masters 50+	Finals
5:15 PM	Men 800 Metre Open	Finals
5:25 PM	Men 800 Metre Under 14	Finals
5:35 PM	Men 800 Metre Under 18	Finals
5:45 PM	Men 800 Metre Masters 35-49	Finals
5:50 PM	Men 800 Metre Masters 50+	Finals
6:10 PM	Women 4x400 Metre Relay Open	Finals
6:10 PM	Women 4x400 Metre Relay Under 14	Finals

6:10 PM	Women 4x400 Metre Relay Under 18	Finals
6:10 PM	Women 4x400 Metre Relay Masters 35-49	Finals
6:10 PM	Women 4x400 Metre Relay Masters 50+	Finals
6:10 PM	Men 4x400 Metre Relay Open	Finals
6:10 PM	Men 4x400 Metre Relay Under 14	Finals
6:10 PM	Men 4x400 Metre Relay Under 18	Finals
6:10 PM	Men 4x400 Metre Relay Masters 35-49	Finals
6:10 PM	Men 4x400 Metre Relay Masters 50+	Finals
6:40 PM	Women 10000 Metre Race Walk Open	Finals
6:40 PM	Men 10000 Metre Race Walk Open	Finals

### WARM UP TRACK EVENTS

2:30 PM	Men 400 Metre Hurdles 91.4cm Open	Finals
2:30 PM	Men 400 Metre Hurdles 91.4cm Masters 35-49	Finals
2:34 PM	Men 400 Metre Hurdles 91.4cm Masters 50+	Finals
2:34 PM	Men 400 Metre Hurdles 91.4cm Under 18	Finals
2:45 PM	Men 400 Metre Hurdles 84cm Under 18	Finals
3:00 PM	Women 400 Metre Hurdles 76.2cm Open	Finals
3:04 PM	Women 400 Metre Hurdles 76.2cm Under 18	Finals
3:04 PM	Women 400 Metre Hurdles 76.2cm Masters 35-49	Finals
3:04 PM	Women 400 Metre Hurdles 76.2cm Masters 50+	Finals
3:45 PM	Men 3000 Metre Steeplechase 91.4 Open	Finals
3:45 PM	Men 3000 Metre Steeplechase 91.4 Masters 35-49	Finals
4:10 PM	Men 2000 Metre Steeplechase 84cm Under 18	Finals
4:30 PM	Women 3000 Metre Steeplechase 76.2 Open	Finals
4:30 PM	Women 2000 Metre Steeplechase 76.2 Under 18	Finals
4:30 PM	Women 2000 Metre Steeplechase 76.2 Masters 35-49	Finals
4:30 PM	Women 2000 Metre Steeplechase 76.2 Masters 50+	Finals
4:50 PM	Men 2000 Metre Steeplechase 76.2 Under 18	Finals
4:50 PM	Men 2000 Metre Steeplechase 76.2 Masters 50+	Finals

## FIELD

12:30	Hammer 50m+
13:35	Hammer 35m+
15:00	Hammer (Women)
16:30	Hammer (Men)
12:30	High Jump 1.70m
13:55	High Jump 1.50m
15:45	High Jump 1.20m (Men)
15:45	High Jump 1.20m (Women)
13:00	PV 3.30m Start
14:35	PV 1.80m Start (Men)
16:40	PV 1.80m Start (Women)
13:30	Secured Throws