

10.00	YOUTH BOYS	110mH		
	JUNIOR MEN	110mH		
	SENIOR MEN	110mH		
	MEN	110mH		
	WOMEN	100mH		
11.00	MEN	5000m WALK		
11.00	WOMEN	3000m WALK		
12.00	WOMEN	400mH		
12.10	MEN	400mH		
12.30	WOMEN	200m		
12.40	MEN	200m		
13.00	WOMEN	800m		
13.15	MEN	800m		
13.35	WOMEN	3000m		
13.50	MEN	3000m		
14.10	WOMEN	100m Series 1		
14.25	MEN	100m Series 1		
14.45	WOMEN	1500m		
14.55	MEN	1500m		
15.10	WOMEN	400m		
15.15	MEN	400m		
15.45	SENIOR WOMEN	800m		
	JUNIOR WOMEN	800m		
	YOUTH GIRLS	800m		
16.10	WOMEN	100m Series 2		
	MEN	100m Series 2		
16.40	SENIOR MEN	1500m		
	JUNIOR MEN	1500m		
	YOUTH BOYS	1500m		
10.30	SENIOR WOMEN	LONG JUMP		
	JUNIOR WOMEN	LONG JUMP		
	YOUTH GIRLS	LONG JUMP		
	WOMEN & MEN	LONG JUMP		
10.45	SENIOR MEN	DISCUS (2K)		
	JUNIOR MEN	DISCUS (1.75K)		
	YOUTH BOYS	DISCUS (1.5K)		
	MEN	DISCUS (2K)		
12.00	MEN & WOMEN	SHOT PUT (4k & 7.26)		
12.15	MEN & WOMEN	HAMMER(4k & 7.26)		
12.30	SENIOR MEN	POLE VAULT		
	JUNIOR MEN	POLE VAULT		
	YOUTH BOYS	POLE VAULT		
	MEN & WOMEN	POLE VAULT		
12.30	Men & WOMEN	HIGH JUMP		
13.30	SENIOR WOMEN	JAVELIN 600g		
	JUNIOR WOMEN	JAVELIN 600g		
	YOUTH GIRLS	JAVELIN 500g		
	WOMEN	JAVELIN 600g		
14.15	MEN & WOMEN	TRIPLE JUMP		
15.30	WOMEN	DISCUS (1K)		
15.45	SENIOR MEN	JAVELIN 800g		
	JUNIOR MEN	JAVELIN 800g		
	YOUTH BOYS	JAVELIN 700g		
	MEN	JAVELIN 800g		

****COMBINED EVENTS ONLY HIGHLIGHTED****

Women 800m at 15:45 and Mens 1500 at 16:40 for CE only