

### Track

10:00	60m Sprint	Women	Heats
10:28	60m Sprint	Men	Heats
11:05	1500m	Women	Final
11:15	1500m	Men	Final
11:35	400m	Women	Heats
12:10	400m	Men	Heats
12:50	60m Sprint	Women	Final
13:00	60m Sprint	Men	Final
13:25	800m	Women	Heats
13:40	800m	Men	Heats
14:00	200m Sprint	Women	Heats
14:45	200m Sprint	Men	Heats
15:35	3000m Walk	Women	Final
15:55	3000m Walk	Men	Final
16:15	60m Hurdles	Women	Heats
16:30	60m Hurdles	Men	Heats
16:45	200m	Women	Final
16:55	200m	Men	Final
17:05	400m	Women	Final
17:15	400m	Men	Final
17:25	800m	Women	Final
17:35	800m	Men	Final
17:45	60m Hurdles	Women	Final
17:55	60m Hurdles	Men	Final
18:00	4x200m Relay	Women	Final
18:10	4x200m Relay	Men	Final

### Field

10:00	Triple Jump	Jun & U23 Men
10:10	Shot Put (6kg/7.26kg)	Jun & U23 Men
11:30	High Jump	Jun & U23 Men
11:40	Triple Jump	Jun & U23 Women
11:40	Shot Put (4kg)	Jun & U23 Women
12:20	Pole Vault	Jun & U23 Men
13:00	High Jump	Jun & U23 Women
13:40	Weight (35lb)	Jun & U23 Women
13:50	Long Jump - Pit A	Junior Men
14:50	Weight (28lb)	Jun & U23 Men
14:50	Pole Vault	Jun & U23 Women
15:50	Long Jump - Pit B	Junior Women
16:00	Long Jump - Pit A	U23 Men & Women

#### Notes:

- Women Follow by Men, Junior Follow by U23
- If no heats are required Final will be at Heat Time
- Timed Finals will be done if required for the 1500m & Relays

#### Callroom:

- 20 Minutes before Track Events
- 40 Minutes before Shot Put / Weight Throw
- 50 Minutes before Long / Triple Jump
- 65 Minutes before High Jump
- 80 Minutes before Pole Vault