

Track

Field

10:00	60m Sprint	Women	10:00	High Jump	Men O50+	
10:20	60m Sprint	Men	11:30	High Jump	Men (O35-O49)	
10:50	1500m	Women	12:30	High Jump	Women	
11:00	1500m	Men				
11:20	3000m Walk	Women + Men O65	14:00	Pole Vault	Men & Women	
11:45	60m Hurdles	Women				
12:00	60m Hurdles	Men	10:00	Long Jump	Men (O35-O49)	
12:15	3000m Walk	Men (O35-O64)	11:00	Long Jump	Women	
13:10	200m Sprint	Women	12:00	Long Jump	Men O50+	
13:20	200m Sprint	Men				
14:20	800m	Women	13:30	Triple Jump	Men	
14:35	800m	Men	14:30	Triple Jump	Women	
15:05	3000m	Women				
15:20	3000m	Men	10:00	Shot Put	Women O35-O49	4kg
15:50	400m	Women	10:50	Shot Put	Women O50+	3kg,2kg
16:05	400m	Men	11:40	Shot Put	Men O35-O49	7.26kg
16:45	4x200m Relay	Women	12:30	Shot Put	Men O50-O59	6kg
16:55	4x200m Relay	Men	13:45	Shot Put	Men O60-O69	5kg
			14:15	Shot Put	Men O70+	4kg,3kg
			15:00	Weight Pit 1	Women O35-O49	28lbs
			15:40	Weight Pit 1	Women O50+	20lbs
			16:25	Weight Pit 1	Men O70+	28lbs
			15:30	Weight Pit 2	Men O35-O49	56lbs
			16:15	Weight Pit 2	Men O50-O69	35lbs