

Track

10:00	60m Sprint	Women
10:20	60m Sprint	Men
10:55	1500m	Women
11:05	1500m	Men
11:30	60m Hurdles	Women
11:40	60m Hurdles	Men
11:55	3000m Walk	Women + Men O65+
12:10	3000m Walk	Men O35-64
13:10	200m Sprint	Women
13:45	200m Sprint	Men
14:35	800m	Women
14:45	800m	Men
15:10	3000m	Women
15:40	3000m	Men
16:15	400m	Women
16:30	400m	Men
17:10	4x200m Relay	Women
17:20	4x200m Relay	Men

Field

10:00	High Jump	Men O55+
11:30	High Jump	Men O35-O54
12:30	High Jump	Women
14:30	Pole Vault	Men & Women
10:00	Long Jump	Men O35-49
10:50	Long Jump	Women
12:00	Long Jump	Men O50-64
13:30	Long Jump	Men 65+
14:20	Triple Jump	Men O35-59
15:20	Triple Jump	Women + Men O60+
10:00	Shot Put	Women O35-49 4kg
10:40	Shot Put	Women O50+ 3kg,2kg
11:40	Shot Put	Men O35-49 7.26kg
12:30	Shot Put	Men O50-59 6kg
13:45	Shot Put	Men O60-69 5kg
14:20	Shot Put	Men O70+ 4kg,3kg
15:00	Weight Pit 1	Women O35-49 28lbs
15:40	Weight Pit 1	Women O50+ 20lbs,16lbs
16:30	Weight Pit 1	Men O70+ 28lbs
17:00	Weight Pit 1	Men O35-49 56lbs
16:20	Weight Pit 2	Men O50-59 35lbs
17:00	Weight Pit 2	Men O60-69 35lbs