

Gate Opens at 8:30am

Check in opens 90 minutes before your event

and Closes 45 prior to your event

Track				Field			
<p>10:00 100m Women</p> <p>10:25 100m Men</p> <p>11:00 3k Walk Women</p> <p>11:00 3k Walk Men 065+</p> <p>11:25 5k Walk Men</p> <p>12:00 800m Women</p> <p>12:10 800m Men</p> <p>12:35 200m Women</p> <p>12:55 200m Men</p> <p>14:00 80mH Women 60+ (0.686m)</p> <p>14:00 80mH Men 80+ (0.686m)</p> <p>14:00 80mH Women 40-59 (0.762m)</p> <p>14:00 80mH Men 70-79 (0.762m)</p> <p>14:10 100mH Women 35-39 (0.838m)</p> <p>14:10 100mH Men 60-69 (0.838m)</p> <p>14:10 100mH Men 50-59 (0.914m)</p> <p>14:20 110mH Men 35-49 (0.991m)</p> <p>14:30 3000m Women</p> <p>14:50 5000m Men</p> <p>16:05 400m Women</p> <p>16:15 400m Men</p> <p>17:00 4x100m Women</p> <p>17:00 4x100m Men</p> <p>17:10 1500m Women</p> <p>17:20 1500m Men</p> <p>17:50 4x400m Women</p> <p>18:00 4x400m Men</p>				<p>10:00 Hammer Men 35 -59</p> <p>10:40 Hammer Men 60+</p> <p>11:20 Hammer Women</p> <p>12:00 Discus Men 35-49</p> <p>13:30 Discus Men 50-59</p> <p>14:15 Discus Men 60+</p> <p>15:15 Discus Women</p> <p>10:00 Shot Put Women 35-49</p> <p>10:30 Shot Put Women 50+</p> <p>11:20 Shot Put Men 35-49</p> <p>12:00 Shot Put Men 50-59</p> <p>12:30 Shot Put Men 60-69</p> <p>13:00 Shot Put Men 70+</p> <p>14:10 Javelin Women</p> <p>15:00 Javelin Men 60+</p> <p>15:45 Javelin Men 35-49</p> <p>16:30 Javelin Men 50-59</p> <p>12:15 Weight FD Women</p> <p>14:00 Weight FD Men 35-59</p> <p>17:00 Weight FD Men 60+</p> <p>10:40 Long Jump Women</p> <p>11:20 Long Jump Men 55+</p> <p>12:20 Long Jump Men 35-54</p> <p>15:00 Triple Jump Women</p> <p>15:00 Triple Jump Men 60+</p> <p>16:00 Triple Jump Men 35-59</p> <p>10:30 Pole Vault Women</p> <p>10:30 Pole Vault Men</p> <p>14:00 High Jump Men 35-54</p> <p>15:00 High Jump Women</p> <p>16:00 High Jump Men 55+</p>			