

\* Scheduled times  
are **ONLY** a guide and  
may change  
the week of event \*

## Track

10:00	60m Sprint	Women
10:20	60m Sprint	Men
10:50	1500m	Women
11:00	1500m	Men
11:20	3000m Walk	Women + Men O65+
11:45	60m Hurdles	Women
12:00	60m Hurdles	Men
12:15	3000m Walk	Men O35-64
13:10	200m Sprint	Women
13:20	200m Sprint	Men
14:20	800m	Women
14:35	800m	Men
15:05	3000m	Women
15:20	3000m	Men
15:50	400m	Women
16:05	400m	Men
16:45	4x200m Relay	Women
16:55	4x200m Relay	Men

## Field

10:00	High Jump	Men O50+
11:30	High Jump	Men O35-O49
12:30	High Jump	Women
14:00	Pole Vault	Men & Women
10:00	Long Jump	Men O35-49
11:00	Long Jump	Women
12:00	Long Jump	Men O50+
13:30	Triple Jump	Men
14:30	Triple Jump	Women
10:00	Shot Put	Women O35-49 4kg
10:50	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
14:15	Shot Put	Men O70+ 4kg,3kg
15:00	Weight Pit 1	Women O35-49 28lbs
15:40	Weight Pit 1	Women O50+ 20lbs,16lbs
16:25	Weight Pit 1	Men O70+ 28lbs
15:30	Weight Pit 2	Men O35-49 56lbs
16:15	Weight Pit 2	Men O50-69 35lbs