

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

### Track

10:00	60m Sprint W
10:20	60m Sprint M
11:00	1500m W
11:10	1500m M
11:30	3000m Walk W & +65 Men
11:30	3000m Walk M (35-65)
12:15	60m Hurdles W
12:30	60m Hurdles M
13:15	200m Sprint W
13:40	200m Sprint M
14:35	800m W
14:50	800m M
15:20	4x200m Relay MX
15:25	3000m W
15:40	3000m M
16:10	400m W
16:30	400m M
17:15	4x200m Relay W
17:20	4x200m Relay M

### 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
11:45	Long Jump	Men O50+
13:30	Triple Jump	Men
14:30	Triple Jump	Women
10:00	Shot Put	Women O35-49 4kg
10:40	Shot Put	Women O50+ 3kg,2kg
11:30	Shot Put	Men O35-49 7.26kg
12:40	Shot Put	Men O50-59 6kg
14:00	Shot Put	Men O60-69 5kg
14:30	Shot Put	Men O70+ 4kg,3kg
15:15	Weight Pit 1	Women O35-49 28lbs
15:55	Weight Pit 1	Men O35-49 56lbs
15:30	Weight Pit 2	Women O50+ 20lbs,16lbs
15:30	Weight Pit 2	Men O70+ 28lbs
16:25	Weight Pit 2	Men O50-69 35lbs