

Please be mindful times are a guide and subject to change on the day,
please listen to announcements.

Gate Opens at 8:30am

Check in opens 90 min before your event and Closes 45 prior to your event

Weigh in Times for implement check 8.30- 11.00 and 1.30 -3.30pm ONLY

Track		Field
10:00 100m	Women	10:00 Hammer Men O35-59
10:25 100m	Men	11:30 Hammer Men O60+
11:00 Walks	Women - 3k, Men - 5k	12:40 Hammer Women O35-49
		13:50 Hammer Women O50+
11:50 800m	Women	
12:00 800m	Men	14:30 Discus Men O35-49
		15:30 Discus Men O50-59
		16:30 Discus Men O60+
12:30 200m	Women	15:30 Discus Women O35-49 Cage 2
12:50 200m	Men	16:30 Discus Women O50+ Cage 2
14:00 80mH	W40+	10:00 Shot Put Women O35-49 Outfield
80mH	M70+	11:00 Shot Put Women O50+ Outfield
100mH	W35-39	11:00 Shot Put Men O35-49
100mH	M60-69	12:00 Shot Put Men O50-69
100mH	M50-59	14:00 Shot Put Men O70+
110mH	M35-49	
14:30 3000m	Women	13:30 Javelin Women
14:50 5000m	Men	14:40 Javelin Men O60+
		15:40 Javelin Men O35-59
16:00 400m	Women	16:00 Weight Women
16:20 400m	Men	17:00 Weight Men
17:10 4x100m	Women	11:00 Long Jump Women
4x100m	Men	11:45 Long Jump Men O55+
		13:15 Long Jump Men O35-54
17:20 1500m	Women	
17:30 1500m	Men	14:30 Triple Jump Women
		15:00 Triple Jump Men
18:00 4x400m	Women	
18:10 4x400m	Men	11:00 Pole Vault Men + Women
		12:30 High Jump Men O35-54
		14:00 High Jump Women
		15:30 High Jump Men O55+