

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 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	14:30 Triple Jump Women
17:30	1500m Men	15:00 Triple Jump Men
18:00	4x400m Women	11:00 Pole Vault Men + Women
18:10	4x400m Men	12:30 High Jump Men O35-54
		14:00 High Jump Women
		15:30 High Jump Men O55+