

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

Track

10:00	60m Sprint W
10:25	60m Sprint M
11:05	1500m W
11:20	1500m M
11:35	3000m Walk W & +65 Men
	3000m Walk M (35-65)
12:00	60m Hurdles W
	60m Hurdles M
12:45	200m Sprint W
13:20	200m Sprint M
14:15	800m W
14:35	800m M
15:10	4x200m Relay MX
15:15	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
14:30	Pole Vault	Men & Women
10:30	Long Jump	Women
11:15	Long Jump	Men O35-49
12:15	Long Jump	Men O50+
14:15	Triple Jump	Women
15:00	Triple Jump	Men
10:00	Shot Put	Women O35-49 4kg
10:45	Shot Put	Women O50+ 3kg,2kg
11:30	Shot Put	Men O35-49 7.26kg
12:30	Shot Put	Men O50-59 6kg
13:30	Shot Put	Men O60-69 5kg
14:20	Shot Put	Men O70+ 4kg,3kg
15:30	Weight	Women O35-49 28lbs
	Weight	Women O50+ 20lbs,16lbs
16:30	Weight	Men O35-49 56lbs
		Men O70+ 28lbs
		Men O50-69 35lbs