

Track

10:00	60m Sprint W
10:20	60m Sprint M
11:05	1500m W
11:20	1500m M
11:40	3000m Walk W & +65 Men
	3000m Walk M (35-65)
12:00	60m Hurdles W
	60m Hurdles M
12:30	200m Sprint W
13:00	200m Sprint M
14:00	800m W
14:20	800m M
15:00	4x200m Relay MX
15:10	3000m W
15:35	3000m M
16:20	400m W
16:40	400m M
17:25	4x200m Relay W
17:30	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	
11:30	Long Jump	Men O35-49	
12:30	Long Jump	Men O50+	
14:15	Triple Jump	Women	
15:00	Triple Jump	Men	
10:00	Shot Put	Women O35-49	4kg
11:00	Shot Put	Women O50+	3kg,2kg
12:00	Shot Put	Men O35-49	7.26kg
13:00	Shot Put	Men O50-59	6kg
14:00	Shot Put	Men O60-69	5kg
14:45	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