

PROVISIONAL

FRIDAY EVENING

Gate opens at 4:30 pm

Check-in opens 60 min before your event

Weigh in times for implement check 4:30pm - 6pm

Track

18.30	80m H	Women	40+
	80m H	Men	70+
	100m H	Women	35-39
	100m H	Men	60-69
	100m H	Men	50-59
	110m H	Men	35-49

19.00 1500m Women

19.30 1500m Men

20.00 3000m Walk Women

5000m Walk Men

20:30 2000m S/C Women

3000m S/C Men

Field

18.00	Hammer	Men	35-59
	Hammer	Men	60+
	Hammer	Women	35-49
	Hammer	Women	50+

17.30 High Jump Men
Women

17.30 Triple Jump Women
Men

17.30 Shot Put Women 35-49

Shot Put Women 50+

Shot Put Men 35-49

Shot Put Men 50+

Shot Put Men 70+

19.00 WFD Women

WFD Men

SATURDAY

Gate opens at 10:00am

Check-in opens 60 min before your event

Weigh in times for implement check 10.00am - 1pm

Track

11.00	300m H	Women	50-69
	300m H	Men	60-79
	400m H	Women	35-49
	400m H	Men	35-59

11.30 100m Women
100m Men

12.30 3000m Women

13.00 200m Women

200m Men

14.00 5000m Men

15.00 400m Women

400m Men

16.00 800m Women

800m Men

17.00 4 x 100 Women

4 x 100 Men

4 x 400 Mixed

Field

11.00	Discus	Men	35-49
	Discus	Men	50-69
	Discus	Men	70+
	Discus	Women	35-49
	Discus	Women	50+

11.00 Long Jump Women
Long Jump Men

12.00 Pole Vault Men & Women

13.30 Javelin Women

Javelin Men 60+

Javelin Men 35-59

14.00 Heavy Hammer

Women 35-49 (20lb)

Women 50-59 (16lb)

Women 60-74 (12lb)

Women 75+ (8.8lb)

Men 35-49 (35lb)

Men 50-59 (25lb)

Men 60-69 (20lb)

Men 70-79 (16lb)

Men 80+ (12lb)