

Times are approximate and subject to change

FRIDAY EVENING

Stadium opens at 4:00 pm

Check-in closes 60 min before the event

Weigh in times for implement check 4:30pm - 5:30pm

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	
19.15	1500m	Men	
20.00	3000m Walk	Women	
	5000m Walk	Men	
20:30	2000m S/C	Women	
	2000m S/C	Men	60+
	3000m S/C	Men	35-59

Field

18.00	Hammer	Men	35-59
	Hammer	Men	60+
19.00	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+
18.30	Shot Put	Men	35-49
	Shot Put	Men	50+
	Shot Put	Men	70+
18.15	WFD	Women	
	WFD	Men	

SATURDAY

Stadium opens at 9:30am

Check-in closes 60 min before the event

Weigh in times for implement check 10.00am - 12:30pm

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	
12.45	200m	Women	
	200m	Men	
13.45	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+
12.30	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	
14.30	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)
15.00		Men	35-49 (35lb)
		Men	50-59 (25lb)
		Men	60-69 (20lb)
		Men	70-79 (16lb)
		Men	80+ (12lb)