

All athletes must declare their intention to compete at least 60mins
 before the scheduled start time

Track				
Event No	Time	Event	Age	Round
1	10:00	100m	Sen / U20 Men	CE
2	10:10	100m	U17 Men / Mas M60 M75	CE
3	10:20	100m Hurdles	U20 Women	CE
		100m Hurdles	Sen Women	CE
4		80m Hurdles	Mas W50 CE / W45	CE/Final
5	10:35	80m Hurdles	U17 Women	CE
6	10:50	80m Hurdles	U15 Boys CE	CE
7	11:00	2000m SC	Open Women	Final
8	11:15	100m	Masters Women / Ambulant Women	Final
			SW T35/T40; W60-W80	
			W50	
			SW T12 / W35+	
9	11:31	100m	Masters Men / Ambulant Men	Final
			SM T41/T36; M60-M70	
			SM T12/T20; M50-M55	
			SM T47/T38; M35-M45	
10	12:00	70m Hurdles	U13 Girls CE	CE
11	12:25	800m	Masters Women	Final
12	12:29	800m	Masters Men	Final
			M35-M45	
			SM T37; M50-M55	
			M60-M80	
13	12:46	200m	Masters Women / Para	Final
14	12:58	200m	Masters Men / Para	Final
15	13:22	200m	Wheelchair / Frame Running	Final
Lunch				
16	14:00	3000m SC	Open / Master Men	Final
17	14:20	400m	Wheelchair / Frame Running	Final
18	14:30	400m	Masters Women	Final
19	14:38	400m	Masters Men / Para	Final
20	14:58	1500m	Masters Women	Final
21	15:05	1500m	Masters Men	Final
22	15:30	1500m	Frame Running	Final
23	15:45	200m	Masters/Sen/U20 Women CE	CE
24	15:53	200m	U17 Women CE	CE
25	16:05	400m	Sen / U20 Men CE	CE
26	16:15	400m	Mas Men / U17 Men CE	CE
27	16:25	800m	U15 Boys CE	CE
28	16:35	800m	U13 Girls CE	CE
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the CE Rest Area.</p> <p>Parallel Success athletes will be placed in appropriate heats according to their seed time.</p>				

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FIELD				
Event No	Time	Event	Age	
29	10:00	Shot Put	U15 Boys CE	
30	10:00	High Jump	U13 Girls CE Pool 1	SH 1m08
			U13 Girls CE Pool 2	SH 1m02
31	10:00	Hammer	Masters Men / Wom / Para	
32	10:50	Long Jump	Sen / U20 / U17 / Mas Men CE	
33	11:15	High Jump	Sen / U20 / Mas Wom CE	SH 1m13
37	11:15	High Jump	U17 Women CE Pool 1	SH 1m29
			U17 Women CE Pool 2	SH 1m13
34	11:30	Javelin	Masters Men / Women / Para	
35	12:00	Long Jump	U15 Boys CE	
36	12:00	Shot Put	Sen / U20 / U17 / Mas Men CE	
38	12:40	Long Jump	Masters Men / Women / Para	
39	13:00	Shot Put	U13 Girls CE Pool 1	
39	13:00	Shot Put	U13 Girls CE Pool 2	
40	13:00	Discus	Masters Women / Para Women	
41	13:30	High Jump	U15 Boys CE	SH 1m17
42	13:45	Shot Put	Sen / U20 / Mas Women CE	
43	14:15	Shot Put	U17 Women CE	
44	14:15	Discus	Masters / Para Men	
45	14:45	Long Jump	U13 Girls CE Pool 2	
46	15:00	High Jump	Sen / U20 / U17 / Mas Men CE Pool 1	SH 1m61
			Sen / U20 / U17 / Mas Men CE Pool 2	SH 1m28
47	15:00	Pole Vault	Masters Men	
45	15:30	Long Jump	U13 Girls CE Pool 1	
48	16:00	High Jump	Masters Men / Women	
49	16:00	Shot Put	Masters Women / Para Women / M70+	
50	16:00	Shot Put	Masters M35 - M65	
51	16:15	Triple Jump	Masters Men / Women	
Warm Up - Minimum 2 Attempts				
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</p> <p>Masters - Athletes achieving the Merit Standard will be granted a further 3</p> <p>Masters - Pole Vault will rise in 15cm increments, High Jump in 5cm</p> <p>Paralell Success athletes will be placed within the Masters Field Event programme</p>				

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Track

Event No	Time	Event	Age	Round
52	10:00	110m Hurdles	Sen / U20 Men CE	CE
53	10:05	100m Hurdles	U17 Men CE	CE
54			M60 CE / M60	CE/Final
55	10:10	80m Hurdles	M75 CE / M75	CE/Final
56	11:15	75m Hurdles	U13 Boys CE	CE
57	11:30	5000m	Masters Men Pool 1	Timed Final
58	12:00	75m Hurdles	U15 Girls CE	CE
59	12:30	5000m	Masters Men Pool 2	Timed Final
60	13:15	5000m	Masters Women	Timed Final
61	15:00	800m	U17 Women CE	CE
62	15:10	800m	Sen / U20 / Mas Women CE	CE
63	16:30	800m	U13 Boys CE	CE
64	17:00	800m	U15 Girls CE	CE
65	17:15	1500m	U17 / Mas Men CE	CE
66	17:25	1500m	Sen / U20 / Men CE	CE

Combined Events Athletes - The Start and Report time for subsequent events will be listed at the CE Rest Area.

FIELD

Event No	Time	Event	Age	
67	10:00	Long Jump	U15 Girls CE Pool 1	
68	10:00	High Jump	U13 Boys CE	SH 1.02
69	10:45	Discus	Sen / U20 / U17 / Mas Men CE	
67	10:45	Long Jump	U15 Girls CE Pool 2	
70	11:00	Javelin	U17 Women CE	
71	11:45	Long Jump	Sen / U20 / Mas Women CE	
72	12:15	Pole Vault	Sen / U20 / U17 Mas Men Pool 2	SH 2m01
73	12:30	Long Jump	U17 Women CE	
74	13:00	Shot Put	U15 Girls CE Pool 1	
			U15 Girls CE Pool 2	
75	13:30	Long Jump	U13 Boys CE	
76	13:45	Javelin	Sen / U20 / Mas Women CE	
72	14:15	Pole Vault	Sen / U20 / U17 Men Pool 1	SH 2m61
77	15:00	Shot Put	U13 Boys CE	
78	14:45	High Jump	U15 Girls CE Pool 1	SH 1m17
			U15 Girls CE Pool 2	SH 1m08
79	16:15	Javelin	Sen / U20 / U17 / Mas Men CE	

Warm Up - Minimum 2 Attempts

Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.

Masters - Athletes achieving the field event Merit Standard will be granted a further 3 attempts