

Athletes must declare their intention a minimum of 60mins before the scheduled start time of their event.				
Straight Track				
Event No	Time	Event	Age Group	Round
01	10:00	60m Hurdles	Masters Men 45/50/55	Timed Final
02	10:05	60m Hurdles	Masters Men 70/75/60/65	Timed Final
03	10:10	60m Hurdles	Masters Women All	Timed Final
04/h	10:20	60m	Masters Men 45	1
05	10:28	60m	Masters Men 35/40/50/55	Timed Finals
06	10:48	60m	Masters Men 60/65/70/75/80/85	Timed Finals
07	11:00	60m	Para Men	Final
08	11:03	60m	Para Women	Final
09	11:07	60m	Masters Women 35/40/45	Timed Finals
10	11:15	60m	Masters Women 50/55/60/65	Timed Finals
04/f	11:20	60m	Master Men 45	Final
Circular Track				
11	11:30	400m	Masters Men 35/40/45/50/55 / Para Men	Timed Finals
12	11:47	400m	Masters Men 60/65/70/75/80	Timed Finals
13	12:00	400m	Masters Women / Para Women	Timed Finals
14/h	12:15	4 x 200m Relay	U14 Boys	1
15/h	12:30	4 x 200m Relay	U14 Girls	1
16/h	12:50	800m	Masters Men 45	1
17/h	13:00	800m	Masters Men 50	1
18	13:10	800m	Masters Men 35/40/55/60/65/70/75/80 / Para Men	Timed Finals
19	13:30	800m	Masters Women 35/40/45; 55/65	Timed Finals
20/h	13:40	4 x 200m Relay	U16 Boys	1
21/h	13:55	4 x 200m Relay	U16 Girls	1
22/h	14:15	200m	Masters Men 45	1
23/h	14:23	200m	Masters Men 50	1
24/h	14:31	200m	Masters Men 55	1
25/h	14:39	200m	Masters Men 65	1
26	14:47	200m	Masters Men 35/40/60/70/75/80 / Para Men	Timed Finals
27/h	15:03	200m	Masters Women 45	1
28	15:11	200m	Masters Women 35 / Para Women	Timed Finals
29	15:15	200m	Masters Women 40/50/55/60/65/85	Timed Finals
16/f	15:31	800m	Masters Men 45	Final
17/f	15:35	800m	Masters Men 50	Final
14/f	15:40	4 x 200m Relay	U14 Boys	Final
15/f	15:50	4 x 200m Relay	U14 Girls	Final
20/f	15:55	4 x 200m Relay	U16 Boys	Final
21/f	16:00	4 x 200m Relay	U16 Girls	Final
30	16:05	1500m	Masters Men 35/40/45/50/55/60/65/70/75	Timed Finals
31	16:40	1500m	Masters Women 35/40/45/55/60	Timed Finals
22/f	16:50	200m	Masters Men 45	Final
23/f	16:54	200m	Masters Men 50	Final
24/f	16:58	200m	Masters Men 55	Final
25/f	17:02	200m	Masters Men 65	Final
27/f	17:06	200m	Masters Women 45	Final
<b>Straight Track will take precedence over Circular Track</b> <b>If heats are not required finals will go at HEAT time</b> <b>All heat lists will be displayed ONLINE. Please check for report time.</b>				
Field				
Event No	Time	Event	Age Group	
32	10:00	Shot Put	Masters Men M35-M60	
33	10:00	Long Jump	Masters / Para Women	
34	11:45	Shot Put	Masters Men 65>85	
35	11:45	Long Jump	Masters / Para Men	
36	11:45	Pole Vault	Masters Men / Women	SH 1m77
37	14:00	High Jump	Masters Men / Women	SH 1m31
38	14:00	High Jump	Masters Men / Women	SH 1m06
39	14:00	Shot Put	Masters / Para Women	
40	15:30	Shot Put	Seated Men	
41	15:30	Triple Jump	Masters Men / Women	
<b>All Shot competitions will be held in corner outside back straight.</b> <b>Horizontal Jumps &amp; Shot Put - Minimum 2 Warm Up Attempts</b> <b>3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts. Para athletes will receive 6 trials.</b> <b>High Jump - Minimum 2 Heights in Warm Up</b>				