

Athletes must declare their intention to compete 60mins BEFORE the scheduled start time.				
Event No	Time	Event	Age	Round
1	10:00	100m	U18 / U20 / Sen Men CE	CE
2	10:13	100m	U16 Boys CE	CE
3	10:25	100m Hurdles	U20 / Sen Wom	CE
4	10:35	100m Hurdles	U18 Women / Mas Wom	CE
5	10:50	80m Hurdles	U16 Girls / W40 CE / Mas Wom	CE
6	11:07	75m Hurdles	U14 Girls CE	CE
7	11:32	100m	Wheelchair / Frame Running	Final
8	11:40	100m	Masters Women / Para	Final
9	11:52	100m	Masters Men / Para	Final
10	12:20	800m	Masters Women / Para	Final
11	12:25	800m	Masters Men	Final
12	12:40	200m	Masters / Para Women	Final
13	12:48	200m	Masters / Para Men	Final
14	13:15	2000m SC	Masters / Open Women	Final
LUNCH				
15	14:00	3000m SC	Masters / Open Men	Final
16	14:20	400m	Wheelchair / Frame Running	Final
17	14:35	400m	Masters Women	Final
18	14:44	400m	Masters Men / Para	Final
19	15:05	1500m	Masters Women	Final
20	15:13	1500m	Masters Men / Para	Final
21	15:40	1500m	Frame Running	Final
22	15:55	150m	U16 Girls CE	CE
23	16:07	200m	Sen / U20 Women CE	CE
24	16:15	200m	U18 Women / W40 CE	CE
25	17:45	400m	Sen / U20 / U18 Men CE	CE
26	17:50	600m	U14 Girls CE	CE
Ambulant para athletes will be placed in appropriate Masters heats according to their seed time.				
Event No	Time	Event	Age	Info
27	10:00	Hammer	Masters Men / Women / Para	
28	10:45	Long Jump	Sen / U20 / U18 Men CE	
29	11:15	Discus	U16 Boys CE	
30	11:30	High Jump	Sen / U20 Women CE	SH 1m13
			U18 Women / W40 CE	SH 1m21
31	11:30	Shot	U16 Girls CE	
32	12:15	Long Jump	U14 Girls CE	
33	12:15	Discus	Mast Wom / Para Wom / Mast M70+	
34	12:45	Shot	Sen / U20 / U18 Men CE	
35	13:30	Discus	Masters Men / Para Men	
36	13:30	High Jump	U16 Girls CE Pool 1	SH 1m06
			U16 Girls CE Pool 2	SH 1m18
37	13:30	Long Jump	U16 Boys CE	
38	13:45	Shot	Sen / U20 Women CE	
39	15:00	High Jump	U14 Girls CE Pool 1	SH 1m03
			U14 Girls CE Pool 2	SH 1m15
40	15:00	Shot	U18 Women / W40 CE	
41	15:15	Javelin	Masters Men / Wom / Para	
42	15:15	Pole Vault	Mas Men / Wom / U16 Boys CE	SH 2m01
43	16:30	High Jump	Sen / U20 / U18 Men CE Pool 1	SH 1m28
			Sen / U20 / U18 Men CE Pool 2	SH 1m58
44	16:30	Shot	U14 Girls CE	
45	16:30	Triple Jump	Masters Men / Wom	7m/9m
Warm Up - Minimum 2 Attempts				
Masters - athletes achieving the merit standard will be granted a further 3 attempts in field events				
Combined Events Athletes - the start and report time for subsequent events will be listed at the Assembly Area.				

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Event No	Time	Event	Age	Round
46	10:00	110m Hurdles	Sen Men CE Men	CE
47	10:07	110m Hurdles	U20 Men CE	
48	10:12	110m Hurdles	U18 Men CE / M50	
49	10:18	100m Hurdles	U16 Boys CE	
50	10:30	80m Hurdles	U14 Boys CE	CE
51	11:30	5000m	Masters Men Pool 1	Timed Final
52	12:00	400m Hurdles	Masters Men	Final
53	12:10	300m Hurdles	Masters Men	Final
54	12:30	5000m	Masters Men / Women / Para	Timed Final

LUNCH

55	14:15	600m	U16 Girls CE	CE
56	15:30	800m	U18 Women / W40 CE	CE
57	15:45	800m	Sen / U20 Women CE	CE
58	16:30	800m	U14 Boys CE	CE
59	16:40	1000m	U16 Boys CE	CE
60	16:45	1500m	Sen / U20 Men CE	CE
61	17:30	1500m	U18 Men CE	CE

Event No	Time	Event	Age	Info
62	10:00	Long Jump	U16 Girls CE	
63	10:00	High Jump	Masters Men / Women	SH 1m11 SH 1m26
64	10:55	Discus	Sen / U20 / U18 Men CE	
65	11:15	Shot Put	U14 Boys CE	
66	11:30	Long Jump	Sen / U20 / U18 Women / W40 CE	
67	11:45	Javelin	U16 Girls CE	
68	11:45	High Jump	U16 Boys CE	SH 1m23
69	12:30	Pole Vault	Sen / U20 / U18 Men CE	SH 2m11
70	13:00	Long Jump	U14 Boys CE	
71	13:15	Shot Put	Masters Wom / M70+	
72	13:30	Javelin	Sen / U20 / U18 Women / W40 CE	
73	14:30	Pole Vault	Sen / U20 / U18 Men CE	SH 3m31
74	15:00	Javelin	U16 Boys CE	
75	15:00	High Jump	U14 Boys CE	SH 1m06 SH 1m18
76	16:00	Javelin	Sen / U20 / U18 Men CE	
77	16:00	Shot Put	Masters Men / Para	
78	16:00	Long Jump	Masters Men / Wom / Para	

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