

Time	Track		Time	Field	
13.30	3000m Walk	W	13.30	Triple Jump	W
14.00	400m Hurdles	M	14.00	Pole Vault	W & M
14.10	100m	W		Long Jump	M
14.20	100m	M	14.20	Discus	M
14.30	3000m Walk	M	14.30	High Jump	W
14.45	110m Hurdles	M			
14.50	800m	W			
15.00	800m	M			
15.10	1500m	W	15.20	Long Jump	W
15.20	1500m Junior	M			
15.30	200m	W	15.30	Javelin	W
15.40	200m	M	15.40	Shot Putt	M
15.50	3000m	M	15.50	High Jump	M
16.05	400m	W			
16.15	400m	M			
16.25	3000m Masters	M			

Doping is Cheating AAI is Committed to Drugs Free Sport