

Gate Opens at 8:30am
Check in opens 90 minutes before your event
and Closes 45 prior to your event

Masters Long Hurdles, SteepleChase & Heavy Hammer
will take place at the AAI Games on the 15th & 16 July

Track			Field			
10:00	100m	Women	10:00	Hammer	Men	O35 -59
10:25	100m	Men	10:40	Hammer	Men	O60+
11:00	3k Walk	Women	11:20	Hammer	Women	
11:00	3k Walk	M80+				
11:00	5k Walk	Men	12:30	Discus	Men	O35-49
11:50	800m	Women	13:40	Discus	Men	O50-59
12:00	800m	Men	14:40	Discus	Men	O60+
12:30	200m	Women	15:20	Discus	Women	
12:50	200m	Men				
14:00	80mH	W40+	10:00	Shot Put	Women	
14:05	80mH	M70+	11:00	Shot Put	Men	O35-49
14:15	100mH	W35	11:40	Shot Put	Men	O50-69
14:20	100mH	M50-69	12:20	Shot Put	Men	O70+
14:30	110mH	M35-49				
14:40	3000m	Women	13:30	Javelin	Women	
15:00	5000m	Men	14:20	Javelin	Men	O60+
15:50	400m	Women	15:10	Javelin	Men	O35-59
16:10	400m	Men				
17:00	4x100m	Women	16:00	Weight	Women	
17:00	4x100m	Men	17:00	Weight	Men	
17:10	1500m	Women				
17:20	1500m	Men	11:00	Long Jump	Women	
17:45	4x400m	Women	12:00	Long Jump	Men	O55+
17:50	4x400m	Men	13:30	Long Jump	Men	O35-54
			14:30	Triple Jump	Women	O35-69
			15:00	Triple Jump	Men	O35-69
			11:00	Pole Vault	Women	O35-69
			11:00	Pole Vault	Men	O35-69
			12:30	High Jump	Men	O35-54
			14:00	High Jump	Women	
			15:30	High Jump	Men	O55+

Please note that this is a
PROVISIONAL TIMETABLE
which may be changed.