

Saturday 29th August

Online Check-In:

Opens 4 hours prior to your event

Check in is not complete until athlete is on site and has collected their bib.

Gate opens:

Track & Pole Vault	2 hours prior to your event
Remaining Field	90 minutes prior to your Event

Check-In Closes:

Track & Pole Vault	90 Minutes prior to your event
Remaining Field	1 Hour prior to your Event

Session 6

12:00	800m	Women	H	12:10	Discus	Women
12:25	800m	Men	H	12:20	Triple Jump	Women

Session 7

14:30	5000m W	Women	F**	14:35	Discus	Men
15:10	10,000m W	Men	F**	14:45	Triple Jump	Men
16:10	10,000m	Men	T*			

Sunday 30th August

Session 8

11:30	200m	Women	H	11:00	Shot Put	Women
12:00	200m	Men	H	11:05	Pole Vault	Women
				12:35	Shot Put	Men

Session 9

14:00	3000m S/C	Women	F	14:00	Pole Vault	Men
14:20	3000m S/C	Men	F	14:10	WFD	Women
14:40	100mH	Women	F	15:10	WFD***	Men
14:55	110mH	Men	F			
15:10	200m	Women	F			
15:20	200m	Men	F			
15:35	800m	Women	F			
15:45	800m	Men	F			

* If numbers declared are greater than one race result will be based on times
** U23 Walks to be held in conjunction with Juniors
*** U23 Men WFD 35lbs to be held in conjunction with Juniors