

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

Track				Field			
10:00	100m	Women		10:00	Hammer	Men	35 -59
10:25	100m	Men		10:50	Hammer	Men	60+
				11:35	Hammer	Women	
11:00	3k Walk	Women					
11:00	3k Walk	Men 065+		13:00	Discus	Men	35-49
11:25	5k Walk	Men		13:40	Discus	Men	50-59
				14:30	Discus	Men	60+
12:00	800m	Women		15:20	Discus	Women	
12:10	800m	Men					
				10:00	Shot Put	Women	35-49
12:45	200m	Women		10:45	Shot Put	Women	50+
13:10	200m	Men		11:20	Shot Put	Men	35-49
				11:40	Shot Put	Men	50-69
14:00	80mH	Women 60+	(0.686m)	12:40	Shot Put	Men	70+
14:00	80mH	Women 50-59	(0.762m)				
14:05	80mH	Men 70-79	(0.762m)	13:50	Javelin	Women	
14:10	80mH	Women 40-49	(0.762m)	14:50	Javelin	Men	35-59
14:20	100mH	Men 60-69	(0.838m)	15:20	Javelin	Men	60+
14:20	100mH	Men 50-69	(0.838m)				
14:30	110mH	Men 35-49	(0.991m)	14:00	Weight FD	Men	35-59
				16:20	Weight FD	Women	
14:40	3000m	Women		17:20	Weight FD	Men	60+
15:05	5000m	Men					
				10:45	Long Jump	Women	
16:15	400m	Women		11:30	Long Jump	Men	55+
16:30	400m	Men		12:30	Long Jump	Men	35-54
17:05	4x100m	Women		15:00	Triple Jump	Women	35-69
17:10	4x100m	Men		15:40	Triple Jump	Men	35-69
17:15	1500m	Women		11:00	Pole Vault	Women	35-69
17:35	1500m	Men		11:00	Pole Vault	Men	35-69
18:10	4x400m	Women		12:30	High Jump	Men	35-54
18:15	4x400m	Men		14:00	High Jump	Women	
				15:30	High Jump	Men	55+