

TRACK SATURDAY
TRACK SUNDAY

T1	W	400m Hurdles	Heats	11.00	T32	W	400m Hurdles	Final	11.00
T2	M	400m Hurdles	Heats	11.15	T33	M	400m Hurdles	Final	11.10
T3	W	100m	W/C Heats*	11.35	T34	M	200m	Heats	11.20
T4	M	100m	W/C Heats*	11.40	T35	M	200m	Ambulant Finals	11.40
T5	W	100m	R/R Final	11.50	T36	W	200m	Ambulant Finals	11.50
T6	M	100m	R/R Final	11.55	T37	W	200m	R/R Final	12.05
T7	W	100m	Ambulant Heats*	12.00	T38	M	200m	R/R Final	12.10
T8	M	100m	Ambulant Heats*	12.15	T39	W	100m Hurdles	Heats	12.20
T9	M	100m	Heats	12.30	T40	M	110m Hurdles	Heats	12.35
T10	W	400m	Heats	13.05	T41	M	3K Walk	Final	12.50
T11	M	400m	Heats	13.20	T42	W	3K Walk	Final	12.50
T12	M	5000m	Finals	13.45	T43	M	200m	Semi-Final	13.30
T13	W	3000 S/Chase	Finals	14.05	T44	W	200m	Heats	13.40
T14	W	100m	Heats	14.25	T45	M	800m	W/C Final	13.50
T15	M	100m	Semi-Finals	14.35	T46	W	800m	W/C Finals	13.55
T16	W	400m	Ambulant Finals	14.50	T47	W	1500m	Ambulant	14.05
T17	M	400m	Ambulant Finals	14.55	T48	M	1500m	Ambulant	14.15
T18	W	400m	W/C Finals	15.05	T49	W	400m	Final	14.25
T19	M	400m	W/C Finals	15.10	T50	M	400m	Final	14.30
T20	W	800m	Heats	15.20	T51	W	800m	Final	14.35
T21	M	800m	Heats	15.30	T52	M	800m	Final	14.40
T22	M	3000 S/Chase	Finals	15.40	T53	W	5000M	Final	14.45
T23	W	100m	W/C Finals	16.00	T54	W	1500m	Final	15.05
T24	M	100m	W/C Finals	16.05	T55	M	1500m	Final	15.15
T25	W	100m	Ambulant Finals	16.15	T56	W	200m	Final	15.25
T26	M	100m	Ambulant Finals	16.30	T57	M	200m	Final	15.30
T27	W	100m	Finals	16.45	T58	M	5000m	W/C Final	15.35
T28	M	100m	Finals	16.50	T59	W	100m Hurdles	Final	15.50
T29/ M & W		1500m	W/C Final	17.00	T60	M	110m Hurdles	Final	16.05
T31	M	400m	Semi-Finals	17.10					

*Note 100m Amb / WC all athletes compete in Heats & Seeded Finals

FIELD SATURDAY
FIELD SUNDAY

F1	M	Hammer	10.30	F14	W	Hammer	10.45
F2	W	Shot	10.45	F15	W Amb	Long Jump	10.5
F3	M	Triple Jump	11.00	F16	M	Long Jump	11.45
F4	Seated	Club & Discus	11.40	F17	W	Pole Vault	12.00
F5	M & Amb	Javelin	11.50	F18	M	Discus	12.30
F6	M	High Jump	12.05	F19	W	High Jump	12.30
F7	M Ambulant	Shot	12.15	F20	M Amb	Long Jump	13.15
F8	W Amb	Shot	13.30	F21	M	Shot	14.00
F9	W	Discus	13.35	F22	W	Triple Jump	14.30
F10	M	Pole Vault	14.00	F23	W & Am	Javelin	14.30
F11	W	Long Jump	14.30				
F12	Seated	Shot	14.35				
F13	M & W Amb	Discus	15.30				