

| TRACK | | | | |
|---------|-----------------------|-------|----------------|------------|
| Time | Event | Stage | Age/ Gender | Height |
| 11.00am | | | | |
| 12.15pm | 100m | Final | WOMEN | |
| | 100m | Final | M35 - 40 | |
| | 100m | Final | M45 - 50 | |
| | 100m | Final | M55 | |
| | 100m | Final | M60 | |
| | 100m | Final | M65+ | |
| 12.45pm | 3000mWalk | Final | Combined | |
| 1.10pm | 110m Hurdles | Final | M35 - 49 | 99.1cm |
| | 100m Hurdles | Final | M50 - 59 | 91.4cm |
| | 100m Hurdles | Final | M60 - 69 | 84cm |
| | 100m Hurdles | Final | W35 | 84cm |
| | 80mH | Final | W40+/M70 | 76.2cm |
| 1.25pm | Wheelchair Open 800m | Final | | |
| 1.30pm | 800m | Final | All Women | |
| | 800m | Final | All Men | |
| 1.35pm | 3000m/5000m | Final | Combined | |
| | Officials Break Track | | | |
| 2.30pm | 400m | Final | All Women | |
| | 400m | Final | M35-50 | |
| | 400m | Final | M55+ | |
| 2.45pm | 1500m | | | |
| 3.00pm | 200m | Final | M35 - 40 | |
| | 200m | Final | M45 | |
| | 200m | Final | M50 | |
| | 200m | Final | M55 | |
| | 200m | Final | M60+ | |
| | 200m | Final | Women | |
| 4.00pm | 300mH/400mHurdles | Final | Combined | as per age |

| FIELD | | | |
|---------|-------------|---------------------------|---------------------|
| Time | Event | Age/ Gender | Weight |
| 11.00am | Hammer | All Ages Men & Women | |
| | High Jump | All Ages Men & Women | |
| 12.15pm | Shot Putt | M35-49 & M50-59 | 7.26kg - 6.00kg |
| | Discus | All Women & M60-69 & M70+ | 1kg |
| 1.15pm | Long Jump | M35-49 | |
| | Discus | M35-49 & M50-59 | 2kg - 1.5kg |
| | Shot Putt | M60-69 | 5kg |
| 2.15pm | Triple Jump | All Ages Men & Women | |
| | Shot Putt | All Women & M70+ | 4kg/ 3kg |
| | Javelin | M35-49 & M50-59 | 800g & 700g |
| 3.15pm | Javelin | M60-69 M70+ + All women | 600g/500g/400g |
| | Long Jump | All women & M50+ | |
| 4.00pm | Weight | All age groups | weight as available |

All times are approximate. Please listen to announcements.
Events may be combined where necessary.

