

Track				
Time	Event	Stage	Age/ Gender	Height
12.15pm	100m	Final	W35-45	
	100m	Final	W50+	
	100m	Final	M35-45	
	100m	Final	M50-55	
	100m	Final	M60 +	
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
1.40pm	800m	Final	W35- 50	
	800m	Final	W55+	
	800m	Final	M35 - 50	
	800m	Final	M55 +	
2.00pm	200m	Final	W35-45	
	200m	Final	W50+	
	200m	Final	M35-45	
	200m	Final	M50-55	
	200m	Final	M60+	
	Officials Break			
2.40pm	3000m/5000m	Final	Combined	
3.25pm	1500m	Final	W35- 50	
	1500m	Final	W55+	
	1500m	Final	M35 - 50	
	1500m	Final	M55 +	
3.50pm	400m	Final	W35-45	
	400m	Final	W50+	
	400m	Final	M35-45	
	400m	Final	M50-55	
	400m	Final	M60+	
4.25pm	300mH/400m H	Final	Combined	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+	1kg
1.15pm	Long Jump	All ages Men & Women	
	Discus	M35-49 & M50-59	2kg - 1.5kg
	Shot Putt M60+	M60+	5kg / 4kg
2.15pm	Triple Jump	All Ages Men & Women	
	Shot Putt	All Women & M70+	4kg/ 3kg
	Javelin	All Men	800g & 700g
3.15pm	Javelin	All Women	600g/500g/400g
4.00pm	Weight	All age groups	weight as available

All times are approximate. Please listen to announcements.

Events may be combined where necessary or extra races added