

TRACK

Time	Event	Stage	Age/ Gender	Height
	PROVISIONAL TIMETABLE			
11.00am	300mH / 400mHurdles	Final	Combined	as per age
11.20am	100m	Final	F35	
	100m	Final	F40	
	100m	Final	F45	
	100m	Final	F50	
	100m	Final	F55	
	100m	Final	F60+	
	100m	Final	M35-40	
	100m	Final	M45-50	
	100m	Final	M55-60	
	100m	Final	M65+	
12.30 pm	3000m Walk	Final	Combined	Max Time 25mins
1:00pm	110m Hurdles	Final	M35 - 49	99.1cm
	100m Hurdles	Final	Combined	as per Age
	80mH	Final	W40+/M70	76.2cm
1:20pm	800m	Final	W35-40	
	800m	Final	W45+	
	800m	Final	M35-40	
	800m	Final	M45	
	800m	Final	M50- M55	
	800m	Final	M60+	
2:00pm	200m	Final	F35	
	200m	Final	F40	
	200m	Final	F45	
	200m	Final	F50	
	200m	Final	F55	
	200m	Final	F60+	

FIELD

TIME	EVENT	Age/Gender	Weight
11.00am	Hammer	Men 35 - 54	
		Men 55+	
		Women all ages	
11:00AM	High Jump	Men 35 - 49	
		Men 50+	
		Women all ages	
11.00am	Shot Putt	Women 35 -49	
		Men 35 - 49	
		Men 50-59	
12:15pm	Long Jump	Men 50+	
		Women all ages	
12:15pm	Discus	Men 40 - 49	
		Women all ages	
		Men 50-59	
		Men 60-69	
		Men 70+	
1:15pm	Long Jump	Men 35-49	
	Triple Jump	Combined	
1:15pm	Javelin	Women all ages	
		Men 65+	
		Men 35-49	
		Men 50 -54	
1:15pm	Shot Put	Men 70+	
		Men 60-69	
		Women 50+	
4.15pm	Weight Throw	Women all ages	
		Men 35-54	
		Men 55+	

	200m	Final	M35-40	
	200m	Final	M45-50	
	200m	Final	M55-60	
	200m	Final	M65+	
2:45pm	3000m	Final	W35+	Max time 16mins
	3000m	Final	M35-40	Max time 16mins
	3000m	Final	M45-50	Max time 16mins
	3000m	Final	M55+	Max time 16mins
3:45pm	1500m	Final	W35+	
	1500m	Final	M35-40	
	1500m	Final	M45-55	
	1500m	Final	M60+	
4:30pm	400m	Final	W35-40	
	400m	Final	W45+	
	400m	Final	M35-40	
	400m	Final	M45-50	
	400m	Final	M55	
	400m	Final	M60-65	
	400m	Final	M70+	

**Starting times are Approximate.
Please Listen to Announcements.
In the field events the start time is for the first event on
the List.
Subsequent events will begin after the preceding
events have finished.**

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