

Track – 8:45am Start

8:30 am M/W60-79 5000 m Race Walk
9:30 am M80 80 Short Hurdles
9:30 am W60-69 80 Short Hurdles
9:30 am M70 80 Short Hurdles
9:45 am M55-69 100 Short Hurdles
9:45 am M45 110 Short Hurdles
10:00 am W19-84 100 m
10:08 am M19-89 100 m
10:45 am M80 200 Long Hurdles
11:00 am M70 300 Long Hurdles
11:00 am W65 300 Long Hurdles
11:00 am M35 400 Long Hurdles
11:20 am M/W45-84 1500 m
11:45 am W19-74 400 m
11:50 am M19-84 400 m
12:00 pm W19-89 4X100 m Relay
12:05 pm M19-89 4X100 m Relay
12:15 pm M/W60-74 800 m
12:20 pm M/W35-59 800 m
12:30 pm W19-84 200 m
12:38 pm M19-89 200 m
1:05 pm W19-89 4X400 m Relay
1:15 pm M19-89 4X400 m Relay

Throws – 8:30am Start

8:30 am M19-79 Javelin
8:30 am M80 Discus
8:30 am W45-74 Discus
10:00 am M30-79 Discus
10:00 am W60-74 Javelin
10:00 am M80 Javelin
11:30 am M35-79 Hammer
11:30 am W60-84 Shot Put
11:30 am M80 Shot Put
1:00 pm M30-79 Shot Put
1:00 pm W19-74 Hammer
1:00 pm M80 Hammer
2:30 pm X19-84 Weight Throw
3:30 pm X19-84 Super Weight

Jumps – 10:00am Start

10:00 am M/W19-89 Long Jump
12:00 pm M/W19-84 Pole Vault
12:00 pm M/W19-89 Triple Jump
12:00 pm M/W30-84 High Jump