

### TRACK SATURDAY

R	10.00		4 x 1 Mile	Relay	<b>T33</b>	11.00	W	400m Hurdles	FINAL
T01	11.00	W	400m Hurdles	Heats	<b>T34</b>	11.10	M	400m Hurdles	FINAL
T02	11.10	M	400m Hurdles	Heats	<b>T35</b>	11.20	W	3K Walk	Straight Final
T03	11.30	W	100m	Ambulant	<b>T36</b>	11.40	M	3K Walk	Straight Final
T04	11.40	M	100m	Ambulant	T37	12.00	W	200m	Heats
T05	11.50	W	100m	W/C	T38	12.20	M	200m	Heats
T06	11.55	M	100m	W/C	T39	12.45	W	200m	Ambulant
T07	12.00	W	100m	Race running	T40	12.50	M	200m	Ambulant
T08	12.05	M	100m	Race running	T41	12.55	W	200m	W/C
T09	12.10	W	100m	Heats	T42	13.00	M	200m	W/C
T10	12.30	M	100m	Heats	T43	13.10	W	100m Hurdles	Heats
T11	13.00	W	400m	Heats	T44	13.15	M	110m Hurdles	Heats
T12	13.15	M	400m	Heats	<b>T45</b>	13.25	W	5000m□	Straight Final
T13	13.45	W	800m	Heats	<b>T46</b>	13.55	W	400m	FINAL
T14	14.00	M	800m	Heats	<b>T47</b>	14.00	M	400m	FINAL
T15	14.25	W	100m	Semi-Finals	T48	14.05	W	200m	Semi-Finals
T16	14.35	M	100m	Semi-Finals	T49	14.15	M	200m	Semi-Finals
<b>T17</b>	<b>14.55</b>	<b>M</b>	<b>S/Chase</b>	<b>Straight Final</b>	<b>T50</b>	<b>14.30</b>	<b>M</b>	<b>5000m</b>	<b>Straight Final</b>
T18	15.25	W	400m	Ambulant	T51	14.55	M	800m	W/C
T19	15.30	M	400m	Ambulant	<b>T52</b>	<b>15.00</b>	<b>W</b>	<b>800m</b>	<b>FINAL</b>
T20	15.35	W	400m	W/C	<b>T53</b>	<b>15.05</b>	<b>M</b>	<b>800m</b>	<b>FINAL</b>
T21	15.40	M	400m	W/C	T54	15.15	W	200m	Ambulant
T22	15.50	W	1500m	Heats	T55	15.20	M	200m	Ambulant
<b>T23</b>	<b>16.00</b>	<b>W</b>	<b>S/Chase</b>	<b>Straight Final</b>	T56	15.25	W	200m	W/C
T24	16.35	M	100m	Ambulant	T57	15.30	M	200m	W/C
T25	16.40	W	100m	Ambulant	<b>T58</b>	<b>15.35</b>	<b>W</b>	<b>200m</b>	<b>FINAL</b>
T26	16.45	M	100m	W/C	<b>T59</b>	<b>15.40</b>	<b>M</b>	<b>200m</b>	<b>FINAL</b>
T27	16.50	W	100m	W/C	T60	15.50	W	100m Hurdles	FINAL
T28	16.55	W	100m	Race running	T61	15.55	M	110m Hurdles	FINAL
T29	17.00	M	100m	Race running	T62	16.05	M	1500m	Ambulant
<b>T30</b>	<b>17.05</b>	<b>M</b>	<b>100m</b>	<b>FINAL</b>	<b>T63</b>	<b>16.10</b>	<b>W</b>	<b>1500m</b>	<b>FINAL</b>
<b>T31</b>	<b>17.10</b>	<b>W</b>	<b>100m</b>	<b>FINAL</b>	<b>T64</b>	<b>16.15</b>	<b>M</b>	<b>1 Mile</b>	<b>FINAL</b>
T32	17.15	M	400m	Semi-Finals	<u>If 400m semis not needed the finals will be at FINAL</u>				

times on the Sunday

### FIELD SATURDAY

F01	10.50	M	Hammer	F13	10.30	W	Hammer
F02	10.50	M	Triple Jump	F14	10.45	Amb	Long Jump
F03	11.00	W	Shot	F15	12.00	W	High Jump
F04	12.00	Seated	Seated shot	F16	12.00	W	Pole Vault
F05	12.00	M	Pole Vault	F17	12.15	M	Long Jump
F06	12.00	M	High Jump	F18	12.45	M	Discus
F07	13.00	Amb	Shot	F19	12.45	Seated	Javelin
F08	13.00	W	Long Jump	F20	13.45	Seated	Discus
F09	13.00	M	Javelin	F21	14.00	W	Triple Jump
F10	14.00	Amb	Discus	F22	14.30	M	Shot
F11	14.30	Seated	Club	F23	15.30	W	Javelin
F12	15.30	W	Discus				

Mens High Jump will start at 1.80, 1.90, 2.00 then 5's

Mens Pole Vault will start at 3.95, 4.15, 4.35 then 10's

Mens Triple Jump board 13.00 metres only

Womens High Jump will start at 1.45, 1.55, 1.65 then 3's

Womens Pole vault will start at 2.80, 3.00, 3.20 then 10's

Womens Triple Jump Board 9 & 11.00 metres