

TRACK SATURDAY

T1	W	400m Hurdles	Heats	11.05
T2	M	400m Hurdles	Heats	11.25
T3	W	100m	Ambulant	11.40
T4	M	100m	Ambulant	11.50
T5	M	100m	W/C	12.00
T6	W	100m	Race Running	12.05
T7	M	100m	Race Running	12.10
T8	M	100m	Heats	12.15
T9	W	400m	Heats	12.40
T10	M	400m	Heats	12.55
T11	M	800m	Heats	13.25
T12	M	3000 S/Chase	Straight Final	13.35
T13	W	100m	Heats	14.00
T14	M	100m	Semi-Finals	14.15
T15	W	400m	Ambulant	14.30
T16	M	400m	Ambulant	14.35
T17	W	400m	W/C	14.45
T18	M	400m	W/C	14.50
T19	W	1500m	Heats	15.00
T20	W	3000 S/Chase	Straight Final	15.25
T21	M	100m	Ambulant	15.40
T22	W	100m	Ambulant	15.45
T23	M	100m	W/C	15.50
T24	M	100m	Finals	15.55
T25	W	100m	Finals	16.00
T26	M	400m	Semi-Finals	16.05

TRACK SUNDAY

T27	W	400m Hurdles	Final	11.00
T28	M	400m Hurdles	Final	11.10
T29	W	200m	Heats	11.20
T30	M	200m	Heats	11.40
T31	W	200m	Ambulant	12.05
T32	M	200m	Ambulant	12.10
T33	W	200m Race1	Race Running	12.20
T34	M	200m Race1	Race Running	12.25
T35	M	200m	W/C	12.30
T36	W	100m Hurdles	Heats	12.40
T37	M	110m Hurdles	Heats	12.55
T38	M	3K Walk	Straight Final	13.05
T39	W	3K Walk	Straight Final	13.05
T40	W	200m	Semi-finals	13.40
T41	M	200m	Semi-finals	13.50
T42	M	800m	W/C	14.05
T43	W	800m	Heats	14.15
T44	M	800m	Final	14.25
T45	W	400m	Final	14.30
T46	M	400m	Final	14.35
T47	W	1500m	Ambulant	14.40
T48	M	1500m	Ambulant	14.50
T49	W	1500m	Final	15.05
T50	W	100m Hurdles	Final	15.15
T51	M	110m Hurdles	Final	15.25
T52	W	200m Race 2	Race Running	15.35
T53	M	200m Race 2	Race Running	15.40
T54	W	200m	Ambulant	15.45
T55	M	200m	Ambulant	15.50
T56	W	200m	Final	15.55
T57	M	200m	Final	16.00
T58	W	800m	Final	16.05
T59	M	Mile	Straight Final	16.10

FIELD SATURDAY

F1	M	Hammer	10.55
F2	M	Triple Jump	11.05
F3	Seated	Seated shot	11.10
F4	W	Shot	12.00
F5	M	Pole Vault	12.05
F6	M	High Jump	12.00
F7	W	Long Jump	13.00
F8	M	Javelin	13.00
F9	Amb	Shot	13.15
F10	Amb	Discus	14.00
F11	Seated	Club	14.45
F12	W	Discus	15.45

FIELD SUNDAY

F13	W	Hammer	10.30
F14	Am	Long Jump	10.45
F15	M	Discus	11.45
F16	W	High Jump	12.00
F17	W	Pole Vault	12.00
F18	M	Long Jump	12.15
F19	Seated	Javelin	12.45
F20	Seated	Discus	13.45
F21	W	Triple Jump	14.00
F22	M	Shot	14.00
F23	W	Javelin	14.45