

Athletes must declare their intention to compete at least 60mins prior to the event start time.

Straight Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
1	8:30	10:00	60m	Frame Runners	Final
2	8:45	10:15	60m Hurdles	Masters Men	Final
3	8:50	10:20	60m Hurdles	Masters W35 / W45	Final
3	8:55	10:25	60m Hurdles	Masters W55 / W60	Final
4	9:00	10:30	60m	Masters M35 / Para	Final
4	9:04	10:34	60m	Masters M40	Final
4	9:08	10:38	60m	Masters M45	Final
4	9:12	10:42	60m	Masters M50	Final
4	9:16	10:46	60m	Masters M55 / M60	Final
4	9:20	10:50	60m	Masters M65/M70/M75/M80	Final
5	9:25	10:55	60m	Masters Women / Para	Final
6	9:45	11:15	4 x 200m Relay	U13 Boys	Final
7	9:50	11:20	4 x 200m Relay	U13 Girls	Final
8	10:00	11:30	400m	Masters Men	Final
9	10:20	11:50	400m	Masters Women	Final
LUNCH					
10	11:15	12:45	800m	Masters Men	Final
11	11:40	13:10	800m	Masters Women	Final
12	11:50	13:20	4 x 200m Relay	U17 Men	Final
13	11:55	13:25	4 x 200m Relay	U17 Women	Final
14	12:05	13:35	200m	Masters M40 / M35	1
15	12:13	13:43	200m	Masters M45	1
16	12:21	13:51	200m	Masters M50	1
17	12:29	13:59	200m	Masters M60	1
18	12:37	14:07	200m	Masters M55 / Para	Final
18	12:41	14:11	200m	Masters M65/M70/M75+	Final
19	12:46	14:16	200m	Masters Women / Para	Final
20	13:00	14:30	4 x 200m Relay	U15 Boys	Final
21	13:05	14:35	4 x 200m Relay	U15 Girls	Final
22	13:10	14:40	1500m	Masters Men / Para	Final
23	13:35	15:05	1500m	Masters Women	Final
24	13:45	15:15	200m	Masters Men	Finals

Straight Track will take precedence over Circular Track

All heat lists will be displayed ONLINE. Please check for report time.

Field

Event No	Warm Up Open	Time	Event	Age Group	
25	9:00	10:30	Shot Put	Masters M60 - M75+	
26	9:15	10:45	Triple Jump	Masters Men / Women	
27	10:30	12:00	Shot Put	Masters / Para Women	
28	10:30	12:00	High Jump	Masters Men / Women	
29	12:00	13:30	Pole Vault	Masters Men	
30	12:30	14:00	Long Jump	Masters / Para Men	
31	12:30	14:00	Shot Put	Masters M35-M55 / Para	

All Shot competitions will be held in corner outside back straight.

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts.

High Jump - Minimum 2 Heights in Warm Up Only