

Athletes must declare their intention to compete at least 60minutes before the start time of their event				
Straight Track				
Event No	Time	Event	Age Group	Round
1	10:00	400m	Masters Men 55	1
2	10:08	400m	Masters Men 60; 65; 70	Final
2	10:13	400m	Masters Men / Para Men	Final
2	10:17	400m	Masters Men 45; 50	Final
3	10:21	400m	Masters Women 35; 40; 45; 75	Final
4	10:28	60m Hurdles	Masters Men	Final
5	10:33	60m Hurdles	Masters Women	Final
6	10:40	60m	Masters Men 45	1
7	10:48	60m	Para Men	Final
7	10:52	60m	Masters Men 35; 40	Final
7	11:00	60m	Masters Men 50; 55	Final
7	11:08	60m	Masters Men 60; 65	Final
7	11:16	60m	Masters Men 70; 75	Final
8	11:20	60m	Masters Women 35; 45	Final
8	11:24	60m	Masters Women 40/ Para Women	Final
8	11:28	60m	Masters Women 50; 55; 60	Final
9	11:32	60m	Masters Men 45	Final
10	11:40	400m	Masters Men 55	Final
11	11:45	4 x 200m Relay	U13 Boys	Final
12	11:50	4 x 200m Relay	U13 Girls	Final
LUNCH				
13	12:30	800m	Masters Men 55	1
14	12:38	800m	Masters Men 35; 45; 40	Final
14	12:46	800m	Masters Men 50	Final
14	12:51	800m	Masters Men 60	Final
14	12:56	800m	Masters Men 65; 70; 75	Final
15	13:01	800m	Masters Women 35; 40; 50; 60	Final
16	13:10	4 x 200m Relay	U17 Men	Final
17	13:15	4 x 200m Relay	U17 Women	Final
18	13:20	200m	Masters Men 45	1
19	13:28	200m	Masters Men 55	1
20	13:36	200m	Masters Men 60	1
21	13:44	200m	Masters Men 65	Final
21	13:48	200m	Masters Men 70; 75	Final
21	13:52	200m	Masters Men 35; 40	Final
21	13:56	200m	Para Men	Final
22	14:00	200m	Masters Women 35; 40	Final
22	14:04	200m	Masters Women 45; 70	Final
22	14:08	200m	Masters Women 50; 55; 60	Final
23	14:12	800m	Masters Men 55	Final
24	14:20	4 x 200m Relay	U15 Boys	Final
25	14:25	4 x 200m Relay	U15 Girls	Final
26	14:30	1500m	Masters Women	Final
27	14:37	1500m	Masters Men 35; 40	Final
27	14:44	1500m	Masters Men 45	Final
27	14:51	1500m	Masters Men 50; 55	Final
27	14:58	1500m	Masters Men 60; 65; 70; 75	Final
28	15:10	200m	Masters Men 45; 55; 60	Finals
<b>Straight Track will take precedence over Circular Track</b> If heats are not required FINALS will be run at HEAT time All heat lists will be displayed ONLINE. Please check for report time.				
Field				
Event No	Time	Event	Age Group	
29	10:30	Shot Put	Masters Men 35 - 70	
30	10:30	Long Jump	Masters Men / Para Men	
31	11:50	Shot Put	Masters Women / Para / Men 75+	
32	11:50	Triple Jump	Masters Men / Women	5m / 7m / 9m
33	12:30	Pole Vault	Masters Men / Women	SH 2m11
34	13:30	High Jump	Masters Men / Women	SH 1m11
				SH 1m31
35	15:00	Long Jump	Masters Women	
<b>All Shot competitions will be held in corner outside back straight.</b> <b>Horizontal Jumps &amp; Shot Put - Minimum 2 Warm Ups</b> <b>3 Attempts in Competition, Masters athletes achieving the Merit Standard will be granted a further 3 attempts. Para athletes will receive 6 trials</b> <b>High Jump - 2 Heights in Warm Up Only</b>				

