

All athletes must declare their intention to compete at least 60mins before the scheduled start time

Track				
Event No	Time	Event	Age	Round
1	10.00	100m	Sen / U20 Men	CE
2	10.04	100m	U17 / Mas Men	CE
3	10.10	100m Hurdles	U20 Women	CE
3	10.15	100m/80m Hurdles	Sen / W35 / W60 Women	CE
4	10.20	80m Hurdles	U17 Women	CE
5	10.30	2000m SC	Open / Masters Women All	Final
6	10.55	80m Hurdles	U15 Boys CE	CE
7	11.05	75m Hurdles	U13 Boys CE	CE
8	11.15	100m	Masters W40 / W45 / W50	Final
8		100m	Masters W55 / W60 / Amb Women	Final
9	11.23	100m	M35 / Para Men	Final
9		100m	M40 / M45 / M50	Final
9	11.31	100m	M55 / M60 / M65 / M75	Final
10	11.40	800m	Masters Women All	Final
11	11.44	800m	Masters M35 / M45	Final
11		800m	Masters M40 / M50	Final
11	11.52	800m	Masters M55 / M60 / Amb Men	Final
11		800m	Masters M65 / M70 / M75	Final
12	12.05	300m Hurdles	Masters Men All	Final
13	12.15	200m	Masters Women All / Amb Wom	Final
14	12.23	200m	M35 / Ambulant Men	Final
14		200m	Masters M40 / M45	Final
14	12.31	200m	Masters M50	Final
14		200m	Masters M55	Final
14	12.39	200m	Masters M60 / M65 / M70 / M75	Final
15	12.45	200m	Wheelchair / Frame Running	Final
16	12.55	3000m SC	Open / Master Men All	Final
Lunch				
17	13.45	400m	Wheelchair / Frame Running	Final
18	13.55	400m	Masters Women All	Final
19	13.59	400m	Masters M55	Final
19	14.03	400m	Masters M35 / M40 / Para Men	Final
19	14.07	400m	Masters M50	Final
19	14.11	400m	Masters M45 / M60	Final
19	14.15	400m	Masters M65 / M70 / M75	Final
20	14.20	1500m	Masters Women All	Final
21	14.27	1500m	Masters M35 / M40 / M45 / M50 / M55	Final
21	14.34	1500m	Masters M60 / M65 / M70 / M75	Final
22	14.45	1500m	Wheelchair / Frame Running	Final
23	15.05	200m	Sen / U20 / Mas Women CE	CE
24	15.15	200m	U17 Women CE	CE
25	15.30	800m	U15 Boys CE	CE
26	15.45	400m	Sen / U20 Men CE	CE
27	15.50	400m	Mas Men / U17 Men CE	CE
28	16.00	800m	U13 Boys CE	CE
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the CE Rest Area.</p> <p>Paralell Success athletes will be placed in appropriate heats according to their seed time.</p>				

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FIELD				
Event No	Time	Event	Age	
29	10.00	Shot Put	U15 Boys CE	
30	10.00	High Jump	U13 Boys CE	
31	10.00	Hammer	Masters Men / Wom / Para / Guest	
32	10.50	Long Jump	Sen / U20 / U17 / Mas Men CE	
33	11.05	High Jump	Sen / U20 / Mas Wom CE Pool 2	
			Sen / U20 / Mas Wom CE Pool 1	
34	11.30	Javelin	Masters Men / Women	
35	11.50	High Jump	U17 Women CE	
			SH 1m31	
				SH 1m16
36	12.00	Shot Put	Sen / U20 / U17 / Mas Men CE	
37	12.40	Long Jump	Masters Men / Women / Para	
38	12.50	Shot Put	U13 Boys CE	
39	13.00	High Jump	U15 Boys CE	
40	13.00	Discus	Masters M65 - M85 / Mas Women	
41	13.30	Shot Put	Sen / U20 / Mas Women CE	
42	14.00	Long Jump	U13 Boys CE	
43	14.15	Discus	Masters M35 - M60 / Para	
44	14.15	High Jump	Sen / U20 / U17 / Mas Men CE Pool 1	
			Sen / U20 / U17 / Mas Men CE Pool 2	
				SH 1m33
				SH 1m45
45	14.20	Shot Put	U17 Women CE	
46	14.40	Long Jump	U15 Boys CE	
47	15.00	Pole Vault	Masters Men / Women	
48	15.00	Shot Put	Masters Women / M75+	
49	15.30	High Jump	Masters Men / Women / Para	
50	15.45	Triple Jump	Masters Men / Women	
51	16.00	Shot Put	Masters M35 - M70 / Para	
Warm Up - Minimum 2 Attempts				
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</p> <p>Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts</p> <p>Paralell Success athletes will be placed within the Masters Field Event programme</p>				

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Track				
Event No	Time	Event	Age	Round
52	10.00	110m Hurdles	Sen / U20 Men CE	CE
53	10.05	100m Hurdles	U17 Men CE	CE
54	10.10	Sprint Hurdles	Masters Men CE/ M70+	CE/Final
54	10.15	Sprint Hurdles	Mas M60 / Mas W35	Final
54	10.20	Sprint Hurdles	Mas W45 / W60	Final
55	11.30	70m Hurdles	U13 Girls CE	CE
56	12.00	75m Hurdles	U15 Girls CE	CE
57	12.20	5000m	Masters Men Pool 1	Timed Final
Lunch				
58	13.30	5000m	Masters Men Pool 2	Timed Final
59	14.15	5000m	Masters Women All	Timed Final
60	15.00	800m	U17 Women CE	CE
61	15.10	800m	Sen / U20 / Mas Women CE	CE
62	16.30	800m	U13 Girls CE	CE
63	16.45	800m	U15 Girls CE	CE
64	17.00	1500m	U17 Men CE	CE
65	17.10	1500m	Sen / U20 / Mas Men CE	CE
Combined Events Athletes - The Start and Report time for subsequent events will be listed at the CE Rest Area.				
FIELD				
Event No	Time	Event	Age	
66	10.00	Long Jump	U15 Girls CE	
67	10.00	High Jump	U13 Girls CE Pool 1	SH 1m14
			U13 Girls CE Pool 2	SH 1m02
68	10.45	Discus	Sen / U20 / U17 / Mas Men CE	
66	10.45	Long Jump	U15 Girls CE	
69	11.00	Javelin	U17 Women CE	
70	11.45	Long Jump	Sen / U20 / Mas Women CE	
71	12.15	Pole Vault	Sen / U20 / U17 Mas Men Pool 2	SH 2m01
72	12.30	Long Jump	U17 Women CE	
73	12.45	Shot Put	U15 Girls CE	
	13.30	Shot Put	U15 Girls CE	
74	13.30	Long Jump	U13 Girls CE	
75	13.45	Javelin	Sen / U20 / Mas Women CE	
71	14.00	Pole Vault	Sen / U20 / U17 Mas Men Pool 1	SH 2m31
76	14.45	High Jump	U15 Girls CE Pool 2	SH 1m08
			U15 Girls CE Pool 1	SH 1m17
77	15.00	Shot Put	U13 Girls CE	
78	15.30	Javelin	Sen / U20 / U17 / Mas Men CE	
Warm Up - Minimum 2 Attempts				
Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.				
Masters - Athletes achieving the field event Merit Standard will be granted a further 3 attempts				