

Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.				
Straight Track				
Event No	Time	Event	Age Group	Round
1	10:30	60m Hurdles	Masters Men All	
2	10:40	60m Hurdles	Masters Women All	Final
3	10:50	60m	Masters Men 50	Heats
4		60m	Masters Men 40	Final
4		60m	Masters Men 45/35	Final
5		60m	Para Men / Para Women	Final
4	11:10	60m	Masters Men 55	Final
4		60m	Masters Men 60	Final
4		60m	Masters Men 65	Final
4		60m	Masters Men 70/75/80	Heats
6	11:26	60m	Masters Women 40	Final
6		60m	Masters Women 35/45	Final
6		60m	Masters Women 50	Final
6		60m	Masters Women 55/60/70	Final
7	11:42	60m	Master Men 50	Final
Circular Track				
8	10:30	400m	Masters Men 55	Heats
9	10:38	400m	Masters Men 35/45	Final
9	10:42	400m	Masters Men 50 / Para Men	Final
9	10:46	400m	Masters Men 60/65/70/75	Final
10	10:55	400m	Masters Wom W35/40/50/60/65/75	Final
11	11:05	4 x 200m Relay	U13 Boys	1
12	11:20	4 x 200m Relay	U13 Girls	1
13	11:45	400m	Masters Men 55	Final
14	11:49	800m	Masters Men 35/40 / Para Men	Final
14	11:53	800m	Masters Men 45	Final
14	11:57	800m	Masters Men 50	Final
14	12:01	800m	Masters Men 60/70	Final
14	12:06	800m	Masters Men 65	Final
15	12:11	800m	Masters Women 35/40	Final
15	12:15	800m	Masters Women W45/50/55	Final
16	12:20	4 x 200m Relay	U15 Boys	1
17	12:35	4 x 200m Relay	U15 Girls	1
18	13:00	200m	Masters Men 60	Heats
19		200m	Masters Men 50	Heats
20		200m	Masters Men 55	Heats
21		200m	Masters Men 65	Heats
22		200m	Masters Men 45	Heats
23	13:36	200m	Masters Men 35	Final
23		200m	Masters Men 40	Final
23		200m	Para Men	Final
23		200m	Masters Men 70/75/80	Final
24	13:56	200m	Masters Women 40/45	Final
24		200m	Para Women	Final
24		200m	Masters Women 35/50	Final
24		200m	Masters Women 60	Final
24		200m	Masters Women 55/65/70/75	Final
25	14:15	4 x 200m Relay	U13 Boys	Final
26	14:20	4 x 200m Relay	U13 Girls	Final
27	14:25	4 x 200m Relay	U15 Boys	Final
28	14:30	4 x 200m Relay	U15 Girls	Final
29	14:35	1500m	Masters Men 35/50	Final
29	14:42	1500m	Masters Men 40/45	Final
29	14:49	1500m	Masters Men 60/65/70	Final
30	14:59	1500m	Masters Women 35/40/45/50/55	Final
31	15:15	200m	Masters Men 60	Final
32	15:19	200m	Masters Men 50	Final
33	15:23	200m	Masters Men 55	Final
34	15:27	200m	Masters Men 65	Final
35	15:31	200m	Masters Men 45	Final
Straight Track will take precedence over Circular Track If heats are not required finals will go at HEAT time All heat lists will be displayed ONLINE. Please check for report time.				

Field				
Event No	Time	Event	Age Group	
37	10:30	Shot Put	Masters Men M35-M60 + M70-M85	
38	10:30	Long Jump	Masters Women	
39	11:45	Shot Put	Masters Men 65 / Mas Wom / Para Men	
40	11:45	Long Jump	Masters Men	
41	11:45	Pole Vault	Masters Men / Women	SH 2m00
42	12:30	High Jump	Masters Men / Women	SH 1m27
42	12:30	High Jump	Masters Men / Women	SH 1m12
43	13:30	Triple Jump	Masters Men / Women	
<p>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. Para athletes will receive 6 trials. High Jump - 2 Heights in Warm Up Only</p>				