

Division 3 – 7

Field Events

11.30	Hammer - Men	
11.45	Long Jump - Women	
	Pole Vault – All	
12.25	Javelin – Women	
13.00	Long Jump – Men	
13.00	Shot Put – Men	
13.30	Hammer – Women	
13.45	High Jump – Men	
14.00	Triple Jump – Women	
14.15	Javelin – Men	
14.20	Shot – Women	
15.15	Discus - Women	
15.25	High Jump – Women	
15.35	Triple Jump – Men	
16.10	Discus - Men	

Track Events

13.00	400m Hurdles Women	
13.10	400m Hurdles Men	
13.25	800m Women	
13.35	800m Men	
13.45	200m Women	
13.55	200m Men	
14.00	2000m Steeplechase Men 3000m Steeplechase Men	matches 1 & 3 matches 2 & 4
14.20	100m Hurdles Women	
14.30	3000m Women	
14.50	110m Hurdles Men	
15.00	400m Women	
15.10	400m Men	
15.15	1500m Women	
15.25	1500m Men	
15.35	100m Women	
15.45	100m Men	
15.55	100m Non-Scoring	
16.05	5000m Men 3000m Men	matches 1 & 3 matches 2 & 4
16.30	4 x 100m Women	
16.40	4 x 100m Men	
16.50	4 x 400m Women	
17.00	4 x 400m Men	