	TRACK			FIELD							
				Long	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer
10:00	1500 & 3000m Walk	Men & Women	**10:00**	Women - All Ages		1.10m Start			U16, U14 M&W		U18, Open, O35 M&W
10:15			**10:15**								
10:30	Short Hurdles (80, 90, 100, 110)	Women then Men	**10:30**				High Start				
10:45			**10:45**					U18, Open, O35 M&W		U16, U14 M&W	
11:00	800m	Women then Men	**11:00**		M&W - All Ages						
11:15			**11:15**								
11:30	100m	Women then Men	**11:30**						U18, Open, O35 M&W		U16, U14 M&W
11:45			**11:45**								
12:00	400m	Women then Men	**12:00**			1.50m Start	Low Start				
12:15			**12:15**								
12:30	1500m	Women then Men	**12:30**	Men - All Ages				U16, U14 M&W		U18, Open, O35 M&W	
12:45			**12:45**								
13:00	4x100 Relays	Women then Men	**13:00**								
13:15			**13:15**								
13:30			**13:30**								