

| Friday          |                            | Sunday      |                                 |
|-----------------|----------------------------|-------------|---------------------------------|
| 5.30pm          | Masters Mile All Men/Women | 8.00        | 10km Run & Walk - All Men/Women |
| <b>Saturday</b> |                            | 10.30       | 60m Women                       |
| 10.00           | 100m Men                   | 10.30       | Heavy Weight Men                |
| 10.15           | Shot Men                   | 10.45       | Long Jump Women 30-54           |
| 10.15           | 100m Women                 | 10.50       | 60m Men                         |
| 10.45           | Shot Women 45-64           | 11.00       | Discus Men 75-80+               |
| 10.45           | Triple Jump Men            | 11.20       | 800m Women                      |
| 10.45           | 1500m Women                | 11.30       | 800m Men                        |
| 11.00           | 1500m Men                  | 11.30       | Long Jump Women 55-74           |
| 11.15           | Javelin Men 65-80+         | 11.40       | Discus Men 50-69                |
| 11.20           | Triple Jump Women          | 12.00       | 200m Men                        |
| 11.40           | 1500m Walk All Men/Women   | 12.05       | 200m Women                      |
| 11.50           | Javelin Women 30-44        | 12.15-12.45 | Lunch/Medals                    |
| 11.50           | Shot Women 65-80+          | 12.45       | Discus Women 45-69              |
| 12.15-12.45     | Lunch/Medals               | 1.00        | 3000m All Men/Women             |
| 12.45           | 400m Women                 | 1.45        | 3000m Walk All Men/Women        |
| 1.00            | Javelin Women 45-64        | 1.45        | Heavy Weight Women              |
| 1.10            | 400m Men                   | 2.15        | Discus Women 30-44              |
| 1.30            | Shot Women 30-44           | 2.15        | Long Jump Men                   |
| 1.30            | High Jump Men              | 2.45        | Discus Women 70-80+             |
| 1.50            | 5000m All Men/Women        | 3.30        | Medals                          |
| 2.15            | Javelin Men 45-64          |             |                                 |
| 2.15            | High Jump Women            |             |                                 |
| 2.45            | 5000m Walk All Men/Women   |             |                                 |
| 3.30            | Javelin Women 65-80+       |             |                                 |
| 4.00            | Medals                     |             |                                 |
|                 |                            |             |                                 |