You must register for your events 30 minutes before the scheduled start time

Program A	Men	Women
6.30 pm	400m	
6.35 pm		400m
6.40 pm	Long Jump	Long Jump
6.45 pm	1500m	
6.50 pm		1500m
6.55 pm	Discus	Discus
7.00 pm	100m	
7.05 pm		100m
7.20 pm	High Jump	High Jump
7.20 pm	3000m	3000m
7.40 pm	Sprint Hurdles	Sprint Hurdles
7.50 pm	Shot Put	Shot Put
7.50 pm	Short Race Walks	Short Race Walks
8.05 pm	4x200m Relay	4x200m Relay

Program B	Men	Women
6.30 pm	200m	
6.35 pm		200m
6.40 pm	Javelin	Javelin
6.45 pm	800m	800m
6.50 pm	60m	
6.55 pm		60m
7.00 pm	Triple Jump	Triple Jump
7.05 pm	5000m	5000m
7.10 pm	Hammer	Hammer
7.30 pm	4x400m Relay	4X400m Relay
7.30 pm	Pole Vault	Pole Vault
7.35 pm	Circular Hurdles	Circular Hurdles

Program C	Men	Women
6.30 pm	100m	
6.35 pm		100m
6.40 pm	High Jump	High Jump
6.45 pm	1500m	
6.50 pm		1500m
6.50 pm	Shot Put	Shot Put
7.00 pm	Swedish Relay	Swedish Relay
7.10 pm	3000m	3000m
7.30 pm	Long Jump	Long Jump
7.30 pm	400m	
7.35 pm		400m
7.35 pm	Discus	Discus
7.45 pm	Sprint Hurdles	Sprint Hurdles
7.55 pm	Race Walks	Race Walks

Program D	Men	Women
6.30 pm	800m	
6.35 pm		800m
6.40 pm	Pole Vault	Pole Vault
6.45 pm	60m	
6.50 pm		60m
6.55 pm	Hammer	Hammer
7.00 pm	4x100m Relay	4x100m Relay
7.10 pm	4000m [Masters]	4000m [Masters]
7.15 pm	Triple Jump	Triple Jump
7.30 pm	200m	
7.30 pm	Javelin	Javelin
7.35 pm		200m

7.45 pm	100m			7.45 pm	Steeple Chase	Steeple Chase
7.50 pm		100m		8.00 pm	Circular Hurdles	Circular Hurdles
8.00 pm	Steeple Chase	Steeple Chase				
** You must call or text to 0419 900 355 prior to 3.15pm if you wish to compete in the Steeple to allow for filling of the water jump				** You must call or text to 0419 900 355 prior to 3.15pm if you wish to compete in the Steeple to allow for filling of the water jump		
## You must register for your events 30 minutes before the scheduled start time ##						

Program A	Men	Women
6.30 pm	400m	
6.35 pm		400m
6.40 pm	Long Jump	Long Jump
6.45 pm	1500m	
6.50 pm		1500m
6.55 pm	Discus	Discus
7.00 pm	100m	
7.05 pm		100m
7.20 pm	High Jump	High Jump
7.20 pm	3000m	3000m
7.40 pm	Sprint Hurdles	Sprint Hurdles
7.50 pm	Shot Put	Shot Put
7.50 pm	Short Race Walks	Short Race Walks
8.05 pm	4x200m Relay	4x200m Relay

You must register for your events 30 minutes before the scheduled start time

Program B	Men	Women
6.30 pm	200m	
6.35 pm		200m
6.40 pm	Javelin	Javelin
6.45 pm	800m	800m
6.50 pm	60m	
6.55 pm		60m
7.00 pm	Triple Jump	Triple Jump
7.05 pm	5000m	5000m
7.10 pm	Hammer	Hammer
7.30 pm	4x400m Relay	4X400m Relay
7.30 pm	Pole Vault	Pole Vault
7.35 pm	Circular Hurdles	Circular Hurdles
7.45 pm	100m	
7.50 pm		100m
8.00 pm	Steeple Chase	Steeple Chase
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You must register for your events 30 minutes before the scheduled start time

Program C	Men	Women
6.30 pm	100m	
6.35 pm		100m
6.40 pm	High Jump	High Jump
6.45 pm	1500m	
6.50 pm		1500m
6.50 pm	Shot Put	Shot Put
7.00 pm	Swedish Relay	Swedish Relay
7.10 pm	3000m	3000m
7.30 pm	Long Jump	Long Jump
7.30 pm	400m	
7.35 pm		400m
7.35 pm	Discus	Discus
7.45 pm	Sprint Hurdles	Sprint Hurdles
7.55 pm	Race Walks	Race Walks

You must register for your events 30 minutes before the scheduled start time

Program D	Men	Women
6.30 pm	800m	
6.35 pm		800m
6.40 pm	Pole Vault	Pole Vault
6.45 pm	60m	
6.50 pm		60m
6.55 pm	Hammer	Hammer
7.00 pm	4x100m Relay	4x100m Relay
7.10 pm	4000m [Masters]	4000m [Masters]
7.15 pm	Triple Jump	Triple Jump
7.30 pm	200m	
7.30 pm	Javelin	Javelin
7.35 pm		200m
7.45 pm	Steeple Chase	Steeple Chase
8.00 pm	Circular Hurdles	Circular Hurdles

** You must call or text to 0419 900 355 prior to 3.15pm if you wish to compete in the Steeple to allow for filling of the water jump

You must register for your events 30 minutes before the scheduled start time