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## Athletics – Track & Field Schedule *(as of 13 August 2018)*

Session: 1 Friday 9th Nov Field  
Day 1 - Friday 09/11/2018 - Starts at 09:00 AM

Time	Event	Round
9:00 AM	W30-44 Hammer Throw	Finals
9:00 AM	Throws Pentathlon: #3 W30-39 Hammer Throw	Finals
9:00 AM	Throws Pentathlon: #3 W40-44 Hammer Throw	Finals
9:00 AM	M75+ Weight Throw	Finals
9:00 AM	Throws Pentathlon: #5 M75+ Weight Throw	Finals
9:00 AM	M 30-39 Shot Put	Finals
9:00 AM	Throws Pentathlon: #2 M30-39 Shot Put	Finals
9:00 AM	W30-44 Triple Jump	Finals
9:00 AM	W45 Triple Jump	Finals
10:15 AM	M55 Long Jump	Finals
10:30 AM	M 45 Shot Put	Finals
10:30 AM	M50 Shot Put	Finals
10:30 AM	Throws Pentathlon: #2 M45 Shot Put	Finals
10:30 AM	Throws Pentathlon: #2 M50 Shot Put	Finals
10:30 AM	W45-54 Javelin Throw	Finals
10:30 AM	Throws Pentathlon: #4 W45 Javelin Throw	Finals
10:30 AM	Throws Pentathlon: #4 W50 Javelin Throw	Finals
10:30 AM	M30-44 Discus Throw	Finals
10:30 AM	Throws Pentathlon: #1 M30-39 Discus Throw	Finals
11:00 AM	M45 Long Jump	Finals
11:30 AM	M60-74 Weight Throw	Finals
11:30 AM	Throws Pentathlon: #5 M60 Weight Throw	Finals
11:30 AM	Throws Pentathlon: #5 M65 Weight Throw	Finals
11:30 AM	Throws Pentathlon: #5 M70 Weight Throw	Finals
11:30 AM	W30-49 High Jump	Finals
11:30 AM	M30-44 High Jump	Finals
11:30 AM	W65+ Javelin Throw	Finals
11:30 AM	Throws Pentathlon: #4 W65+ Javelin Throw	Finals
11:30 AM	M45 Discus Throw	Finals
11:30 AM	Throws Pentathlon: #3 M45 Discus Throw	Finals
12:00 PM	M50 Long Jump	Finals
12:30 PM	W50+ Triple Jump	Finals
12:45 PM	W30-44 Javelin Throw	Finals
12:45 PM	Throws Pentathlon: #4 W30-39 Javelin Throw	Finals
1:00 PM	M65-74 Discus Throw	Finals
1:00 PM	M75+ Discus Throw	Finals
1:00 PM	Throws Pentathlon: #3 M65 Discus Throw	Finals
1:00 PM	Throws Pentathlon: #3 M70 Discus Throw	Finals
1:00 PM	Throws Pentathlon: #3 M75+ Discus Throw	Finals
2:15 PM	W55-64 Javelin Throw	Finals
2:15 PM	Throws Pentathlon: #4 W55 Javelin Throw	Finals
2:15 PM	Throws Pentathlon: #4 W60 Javelin Throw	Finals
2:15 PM	W60 Javelin Throw Wheelchair	Finals
2:15 PM	M60 Long Jump	Finals

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2:15 PM	M65+ Long Jump	Finals
2:30 PM	W40-49 Discus Throw	
2:30 PM	Throws Pentathlon: #3 W45 Discus Throw	
2:30 PM		Finals
3:15 PM	M55 Shot Put	Finals
3:15 PM	Throws Pentathlon: #2 M55 Shot Put	Finals
3:30 PM	M30-39 Long Jump	Finals
3:30 PM	M50 Discus Throw	Finals
3:30 PM	Throws Pentathlon: #3 M50 Discus Throw	Finals
3:45 PM	M40 Shot Put	Finals
3:45 PM	Throws Pentathlon: #2 M40 Shot Put	Finals
4:00 PM	M45 High Jump	Finals
4:00 PM	M55 Discus Throw	Finals
4:00 PM	M60 Discus Throw	Finals
4:00 PM	Throws Pentathlon: #3 M55 Discus Throw	Finals
4:00 PM	Throws Pentathlon: #3 M60 Discus Throw	Finals
4:30 PM	M40 Long Jump	Finals

**Session: 2 Friday 9th Nov Track  
Day 1 - Friday 09/11/2018**

Time	Event	Round
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**Times for individual age groups available after close of entries**

9:00 AM	M30+/W30+ 5000m Race Walk	Finals
10:45 AM	W40+/M80+ 80m Hurdles	Finals
11:10 AM	W30-39 100m Hurdles	Finals
11:25 AM	M50-69 100m Hurdles	Finals
11:45 AM	M30-49 110m Hurdles	Finals
12:10 PM	M30+ 800 Metre	Finals
12:50 PM	W30+ 800 Metre	Finals
1:30 PM	M30+/W30+ 100m	Heats
2:15 PM	M30+/W30+ 100m	Finals
3:45 PM	M30+/W30+ 5000m Run	Finals

**Session: 3 Saturday 10th Nov Field  
Day 2 - Saturday 10/11/2018 - Starts at 08:00 AM**

Time	Event	Round
8:00 AM	W45-54 Hammer Throw	Finals
8:00 AM	Throws Pentathlon: # W45-54 Hammer Throw	Finals
9:00 AM	M60-69 Hammer Throw	Finals
9:00 AM	Throws Pentathlon: #1 M60 Hammer Throw	Finals
9:00 AM	Throws Pentathlon: #1 M65 Hammer Throw	Finals
9:00 AM	M70 Javelin Throw	Finals
9:00 AM	Throws Pentathlon: #4 M70 Javelin Throw	Finals
9:00 AM	W30-44 Shot Put	Finals
9:00 AM	Throws Pentathlon: #2 W30-39 Shot Put	Finals
9:00 AM	W45-59 Long Jump	Finals
10:15 AM	M70+ Hammer Throw	Finals
10:15 AM	Throws Pentathlon: #1 M70 Hammer Throw	Finals
10:15 AM	Throws Pentathlon: #1 M75+ Hammer Throw	Finals
10:45 AM	W60+ Long Jump	Finals
11:15 AM	M30-44 Weight Throw	Finals
11:15 AM	Throws Pentathlon: #5 M30-39 Weight Throw	Finals
11:15 AM	Throws Pentathlon: #5 M40 Weight Throw	Finals
12:15 PM	M45-59 Weight Throw	Finals
12:15 PM	Throws Pentathlon: #5 M45 Weight Throw	Finals
12:15 PM	Throws Pentathlon: #5 M50 Weight Throw	Finals
12:15 PM	Throws Pentathlon: #5 M55 Weight Throw	Finals
12:45 PM	W30-44 Long Jump	Finals
12:45 PM	M60-69 Javelin Throw	Finals

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12:45 PM	Throws Pentathlon: #4 M60 Javelin Throw	Finals
12:45 PM	Throws Pentathlon: #4 M65 Javelin Throw	Finals
12:45 PM	W45-54 Shot Put	Finals
12:45 PM	Throws Pentathlon: #2 W45 Shot Put	Finals
12:45 PM	Throws Pentathlon: #2 W50 Shot Put	Finals
1:30 PM	W50-59 Discus Throw	Finals
1:30 PM	Throws Pentathlon: #3 W50 Discus Throw	Finals
1:30 PM	Throws Pentathlon: #3 W55 Discus Throw	Finals
2:15 PM	W55-64 Shot Put	Finals
2:15 PM	Throws Pentathlon: #2 W55 Shot Put	Finals
2:15 PM	Throws Pentathlon: #2 W60 Shot Put	Finals
2:30 PM	W60+ Discus Throw	Finals
2:30 PM	Throws Pentathlon: #3 W60 Discus Throw	Finals
2:30 PM	Throws Pentathlon: #3 W65+ Discus Throw	Finals
3:00 PM	W60 Discus Throw Wheelchair	Finals
3:00 PM	W60 Shot Put Wheelchair	Finals
3:30 PM	W65+ Shot Put	Finals
3:30 PM	Throws Pentathlon: #2 W65+ Shot Put	Finals
3:30 PM	M75+ Javelin Throw	Finals
3:30 PM	Throws Pentathlon: #4 M75+ Javelin Throw	Finals
3:30 PM	W30-39 Discus Throw	Finals
3:30 PM	Throws Pentathlon: #3 W30-39 Discus Throw	Finals

**Session: 4 Saturday 10th Nov Track  
Day 2 - Saturday 10/11/2018**

Time	Event	Round
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**Times for individual age groups available after close of entries**

11:00 AM	M30+/W30+ 200m	Heats
11:30 AM	M30+/W30+ 3000 Metre Race Walk	Finals
12:30 PM	M30-59 3000 Metre Steeplechase	Finals
1:00 PM	W30+ 2000 Metre Steeplechase	Finals
1:00 PM	M60+ 2000 Metre Steeplechase	Finals
1:40 PM	M80+/W70+ 200m Hurdles	Finals
1:55 PM	M60-79 300m Hurdles	Finals
2:05 PM	W50-69 300m Hurdles	Finals
2:15 PM	W30-49 400m Hurdles	Finals
2:30 PM	M30-59 400m Hurdles	Finals
3:15 PM	M30+/W30+ 200m	Finals

**Session: 5 Sunday 11th Nov Field  
Day 3 - Sunday 11/11/2018 - Starts at 08:00 AM**

Time	Event	Round
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8:00 AM	M45 Hammer Throw	Finals
8:00 AM	Throws Pentathlon: #1 M45 Hammer Throw	Finals
8:45 AM	M30-44 Hammer Throw	Finals
	Throws Pentathlon: #1 M30-39 Hammer Throw	Finals
	Throws Pentathlon: #1 M40 Hammer Throw	Finals
9:00 AM	M30-49 Pole Vault	Finals
	W30+ Pole Vault	Finals
	M60+ Triple Jump	Finals
9:00 AM	M50-59 Javelin Throw	Finals
9:00 AM	Throws Pentathlon: #4 M50 Javelin Throw	Finals
9:00 AM	Throws Pentathlon: #4 M55 Javelin Throw	Finals
9:30 AM	M50-59 Hammer Throw	
	Throws Pentathlon: #1 M50 Hammer Throw	Finals
	Throws Pentathlon: #1 M55 Hammer Throw	Finals
		Finals
		Finals
		Finals

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10:30 AM	M50+ Pole Vault	Finals
11:45 AM	W50-64 Weight Throw	
11:45 AM	W65+ Weight Throw	
11:45 AM	Throws Pentathlon: #5 W50 Weight Throw	
	Throws Pentathlon: #5 W55 Weight Throw	
	Throws Pentathlon: #5 W60 Weight Throw	
	Throws Pentathlon: #5 W65+ Weight Throw	
12:00 PM	M60+ High Jump	Finals
1:30 PM	M70+ Shot Put	Finals
1:30 PM	Throws Pentathlon: #2 M70 Shot Put	Finals
1:30 PM	Throws Pentathlon: #2 M75+ Shot Put	Finals
1:30 PM	M45 Javelin Throw	Finals
1:30 PM	Throws Pentathlon: #4 M45 Javelin Throw	Finals
1:30 PM	W30-49 Weight Throw	Finals
1:30 PM	Throws Pentathlon: #5 W30-39 Weight Throw	Finals
1:30 PM	Throws Pentathlon: #5 W45 Weight Throw	Finals
1:30 PM	M50-59 High Jump	Finals
1:30 PM	M30-44 Triple Jump	Finals
3:00 PM	W55+ Hammer Throw	Finals
3:00 PM	Throws Pentathlon: #1 W55 Hammer Throw	Finals
3:00 PM	Throws Pentathlon: #1 W60 Hammer Throw	Finals
3:00 PM	Throws Pentathlon: #1 W65+ Hammer Throw	Finals
3:00 PM	M60-69 Shot Put	Finals
3:00 PM	Throws Pentathlon: #2 M60 Shot Put	Finals
3:00 PM	Throws Pentathlon: #2 M65 Shot Put	Finals
3:00 PM	W50+ High Jump	Finals
3:00 PM	M45-59 Triple Jump	Finals
3:00 PM	M30-44 Javelin Throw	Finals
3:00 PM	Throws Pentathlon: #4 M30-39 Javelin Throw	Finals
3:00 PM	Throws Pentathlon: #4 M40 Javelin Throw	Finals

**Session: 6 Sunday 11th Nov Track**

**Day 3 - Sunday 11/11/2018 - Starts at 10:00 AM**

**Times for individual age groups available after close of entries**

<b>Time</b>	<b>Event</b>	<b>Round</b>
10:30 AM	M30+/W30+ 1500m	Finals
11:30 AM	M30+/W30+ 60m	Heats
12:15 PM	M30+/W30+ 60m	Finals
2:15 PM	M30+/W30+ 400m	Finals
4:00 PM	W30+ 4x100 Metre Relay	Finals
4:10 PM	M30+ 4x100 Metre Relay	Finals
4:30 PM	W30+ 4x400 Metre Relay	Finals
4:40 PM	M30+ 4x400 Metre Relay	Finals

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