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Athletics – Track & Field Schedule *(as of 25 October 2018)*

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

Start		Event	Round
9:00 AM	#1	W30-44 Hammer Throw	Finals
9:00 AM	#2	Throws Pentathlon: #1 W30-39 Hammer Throw	Finals
9:00 AM	#3	Throws Pentathlon: #1 W40 Hammer Throw	Finals
9:00 AM	#4	M75+ Weight Throw	Finals
9:00 AM	#5	Throws Pentathlon: #5 M75+ Weight Throw	Finals
9:00 AM	#6	M30-39 Shot Put	Finals
9:00 AM	#7	Throws Pentathlon: #2 M30-39 Shot Put	Finals
9:00 AM	#8	W30-44 Triple Jump	Finals
9:00 AM	#9	W45 Triple Jump	Finals
10:15 AM	#10	M55 Long Jump	Finals
10:30 AM	#11	M45 Shot Put	Finals
10:30 AM	#12	Throws Pentathlon: #2 M45 Shot Put	Finals
10:30 AM	#13	M50 Shot Put	Finals
10:30 AM	#14	Throws Pentathlon: #2 M50 Shot Put	Finals
10:30 AM	#15	W45-54 Javelin Throw	Finals
10:30 AM	#16	Throws Pentathlon: #4 W45 Javelin Throw	Finals
10:30 AM	#17	Throws Pentathlon: #4 W50 Javelin Throw	Finals
10:30 AM	#18	M30-44 Discus Throw	Finals
10:30 AM	#19	Throws Pentathlon: #3 M30-39 Discus Throw	Finals
10:30 AM	#20	Throws Pentathlon: #3 M40 Discus Throw	Finals
11:00 AM	#21	M45 Long Jump	Finals
11:30 AM	#22	M60-74 Weight Throw	Finals
11:30 AM	#23	Throws Pentathlon: #5 M60 Weight Throw	Finals
11:30 AM	#24	Throws Pentathlon: #5 M65 Weight Throw	Finals
11:30 AM	#25	Throws Pentathlon: #5 M70 Weight Throw	Finals
11:30 AM	#26	W30-49 High Jump	Finals
11:30 AM	#27	M30-44 High Jump	Finals
11:30 AM	#28	W65+ Javelin Throw	Finals
11:30 AM	#29	Throws Pentathlon: #4 W65+ Javelin Throw	Finals
11:30 AM	#30	M45 Discus Throw	Finals
11:30 AM	#31	Throws Pentathlon: #3 M45 Discus Throw	Finals
12:00 PM	#32	M50 Long Jump	Finals
12:30 PM	#33	W50+ Triple Jump	Finals
12:45 PM	#34	W30-44 Javelin Throw	Finals
12:45 PM	#35	Throws Pentathlon: #4 W30-39 Javelin Throw	Finals
12:45 PM	#36	Throws Pentathlon: #4 W40 Javelin Throw	Finals
1:00 PM	#37	M65-74 Discus Throw	Finals
1:00 PM	#38	Throws Pentathlon: #3 M65 Discus Throw	Finals
1:00 PM	#39	Throws Pentathlon: #3 M70 Discus Throw	Finals
1:00 PM	#40	M75+ Discus Throw	Finals
1:00 PM	#41	Throws Pentathlon: #3 M75+ Discus Throw	Finals
2:15 PM	#42	W55-64 Javelin Throw	Finals
2:15 PM	#43	Throws Pentathlon: #4 W55 Javelin Throw	Finals
2:15 PM	#44	Throws Pentathlon: #4 W60 Javelin Throw	Finals

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2:15 PM	#45	M60 Long Jump	Finals
2:15 PM	#46	M65+ Long Jump	Finals
2:30 PM	#47	W40-49 Discus Throw	Finals
2:30 PM	#48	Throws Pentathlon: #3 W40 Discus Throw	Finals
2:30 PM	#49	Throws Pentathlon: #3 W45 Discus Throw	Finals
3:15 PM	#50	M55 Shot Put	Finals
3:15 PM	#51	Throws Pentathlon: #2 M55 Shot Put	Finals
3:30 PM	#52	M30-39 Long Jump	Finals
3:30 PM	#53	M50 Discus Throw	Finals
3:30 PM	#54	Throws Pentathlon: #3 M50 Discus Throw	Finals
3:45 PM	#55	M40 Shot Put	Finals
3:45 PM	#56	Throws Pentathlon: #2 M40 Shot Put	Finals
4:00 PM	#57	M45 High Jump	Finals
4:00 PM	#58	M55 Discus Throw	Finals
4:00 PM	#59	Throws Pentathlon: #3 M55 Discus Throw	Finals
4:00 PM	#60	M60 Discus Throw Secured	Finals
4:00 PM	#61	M60 Discus Throw	Finals
4:00 PM	#62	Throws Pentathlon: #3 M60 Discus Throw	Finals
4:30 PM	#63	M40 Long Jump	Finals

Session: 2 Friday 9 Nov Track
Day 1 - Friday 9/11/2018 - Starts at 09:30 AM

Start		Event	Round
9:30 AM	#64	M30-59 5000 Metre Race Walk	Finals
10:00 AM	#65	W30-59 5000 Metre Race Walk	Finals
10:00 AM	#66	M60+ 5000 Metre Race Walk	Finals
10:00 AM	#67	W60+ 5000 Metre Race Walk	Finals
10:45 AM	#68	M70+ 80 Short Hurdles 76.2/68.6cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish M70-79 hgt 76.2cm, M80+ hgt 68.6cm	Finals
10:45 AM	#69	W60+ 80 Short Hurdles 68.6cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish	Finals
10:45 AM	#70	W50-59 80 Short Hurdles 76.2cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish	Finals
11:00 AM	#71	W40-49 80 Short Hurdles 76.2cm 8 Hurdles, 12m to 1st, 8m between, 12 to finish	Finals
11:15 AM	#72	W30-39 100 Short Hurdles 83.8cm 10 Hurdles, 13m to 1st, 8.5m between, 10.5m to finish	Finals
11:15 AM	#73	M60-69 100 Short Hurdles 83.8cm 10 Hurdles, 12m to 1st, 8m between, 16m to finish	Finals
11:30 AM	#74	M50-59 100 Short Hurdles 91.4cm 10 Hurdles, 13m to 1st, 8.5m between, 10.5m to finish	Finals
11:45 AM	#75	M30-49 110 Short Hurdles 99.1cm 10 Hurdles, 13.72m to 1st, 9.14m between, 14.02m to finish	Finals
12:10 PM	#76	M70+ 800 Metre	Finals
12:20 PM	#77	M60-69 800 Metre	Finals
12:25 PM	#78	M55 800 Metre	Finals
12:30 PM	#79	M50 800 Metre	Finals
12:35 PM	#80	M45 800 Metre	Finals
12:40 PM	#81	M30-44 800 Metre	Finals
12:45 PM	#82	W55+ 800 Metre	Finals
12:50 PM	#83	W45-54 800 Metre	Finals
12:55 PM	#84	W30-44 800 Metre	Finals
1:30 PM	#85	M70 100 Metre	Heats
1:30 PM	#86	M65 100 Metre	Heats
1:30 PM	#87	M60 100 Metre	Heats
1:30 PM	#88	M45 100 Metre	Heats

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1:30 PM	#89	M35 100 Metre	Heats
2:15 PM	#90	M80+ 100 Metre	Finals
2:18 PM	#91	M75 100 Metre	Finals
2:21 PM	#92	M55 100 Metre	Finals
2:24 PM	#93	M50 100 Metre	Finals
2:27 PM	#94	M40 100 Metre	Finals
2:30 PM	#95	M30 100 Metre	Finals
2:33 PM	#96	W70+ 100 Metre	Finals
2:36 PM	#97	W65 100 Metre	Finals
2:39 PM	#98	W60 100 Metre	Finals
2:42 PM	#99	W55 100 Metre	Finals
2:45 PM	#100	W50 100 Metre	Finals
2:48 PM	#101	W45 100 Metre	Finals
2:51 PM	#102	W40 100 Metre	Finals
2:54 PM	#103	W35 100 Metre	Finals
2:57 PM	#104	W30 100 Metre	Finals
3:00 PM	#105	M70 100 Metre	Finals
3:03 PM	#106	M65 100 Metre	Finals
3:06 PM	#107	M60 100 Metre	Finals
3:09 PM	#108	M45 100 Metre	Finals
3:12 PM	#109	M35 100 Metre	Finals
3:45 PM	#110	M30-59 5000 Metre	Finals
4:15 PM	#111	M60+ 5000 Metre	Finals
4:15 PM	#112	W30+ 5000 Metre	Finals

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

Start		Event	Round
8:00 AM	#113	W45-54 Hammer Throw	Finals
8:00 AM	#114	Throws Pentathlon: #1 W45 Hammer Throw	Finals
9:00 AM	#115	Throws Pentathlon: #1 W50 Hammer Throw	Finals
9:00 AM	#116	M60-69 Hammer Throw	Finals
9:00 AM	#117	Throws Pentathlon: #1 M60 Hammer Throw	Finals
9:00 AM	#118	Throws Pentathlon: #1 M65 Hammer Throw	Finals
9:00 AM	#119	M70 Javelin Throw	Finals
9:00 AM	#120	Throws Pentathlon: #4 M70 Javelin Throw	Finals
9:00 AM	#121	W30-44 Shot Put	Finals
9:00 AM	#122	Throws Pentathlon: #2 W30-39 Shot Put	Finals
9:00 AM	#123	Throws Pentathlon: #2 W40 Shot Put	Finals
9:00 AM	#124	W45-59 Long Jump	Finals
10:15 AM	#125	M70+ Hammer Throw	Finals
10:15 AM	#126	Throws Pentathlon: #1 M70 Hammer Throw	Finals
10:15 AM	#127	Throws Pentathlon: #1 M75+ Hammer Throw	Finals
10:45 AM	#128	W60+ Long Jump	Finals
11:15 AM	#129	M30-44 Weight Throw	Finals
11:15 AM	#130	Throws Pentathlon: #5 M30-39 Weight Throw	Finals
11:15 AM	#131	Throws Pentathlon: #5 M40 Weight Throw	Finals
12:15 PM	#132	M45-59 Weight Throw	Finals
12:15 PM	#133	Throws Pentathlon: #5 M45 Weight Throw	Finals
12:15 PM	#134	Throws Pentathlon: #5 M50 Weight Throw	Finals
12:15 PM	#135	Throws Pentathlon: #5 M55 Weight Throw	Finals
12:45 PM	#136	W30-44 Long Jump	Finals
12:45 PM	#137	M60 Javelin Throw Secured	Finals
12:45 PM	#138	M60-69 Javelin Throw	Finals
12:45 PM	#139	Throws Pentathlon: #4 M60 Javelin Throw	Finals
12:45 PM	#140	Throws Pentathlon: #4 M65 Javelin Throw	Finals
12:45 PM	#141	W45-54 Shot Put	Finals

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12:45 PM	#142	Throws Pentathlon: #2 W45 Shot Put	Finals
12:45 PM	#143	Throws Pentathlon: #2 W50 Shot Put	Finals
1:30 PM	#144	W50-59 Discus Throw	Finals
1:30 PM	#145	Throws Pentathlon: #3 W50 Discus Throw	Finals
1:30 PM	#146	Throws Pentathlon: #3 W55 Discus Throw	Finals
2:15 PM	#147	W55-64 Shot Put	Finals
2:15 PM	#148	Throws Pentathlon: #2 W55 Shot Put	Finals
2:15 PM	#149	Throws Pentathlon: #2 W60 Shot Put	Finals
2:30 PM	#150	W60+ Discus Throw	Finals
2:30 PM	#151	Throws Pentathlon: #3 W60 Discus Throw	Finals
2:30 PM	#152	Throws Pentathlon: #3 W65+ Discus Throw	Finals
3:00 PM	#153	W65+ Shot Put	Finals
3:00 PM	#154	Throws Pentathlon: #2 W65+ Shot Put	Finals
3:30 PM	#155	M75+ Javelin Throw	Finals
3:30 PM	#156	Throws Pentathlon: #4 M75+ Javelin Throw	Finals
3:30 PM	#157	W30-39 Discus Throw	Finals
3:30 PM	#158	Throws Pentathlon: #3 W30-39 Discus Throw	Finals

Session: 4 Saturday 10 Nov Track
Day 2 - Saturday 10/11/2018 - Starts at 11:00 AM

Start		Event	Round
11:00 AM	#159	M70 200 Metre	Heats
11:00 AM	#160	M65 200 Metre	Heats
11:00 AM	#161	M60 200 Metre	Heats
11:00 AM	#162	M50 200 Metre	Heats
11:00 AM	#163	M45 200 Metre	Heats
11:00 AM	#164	M35 200 Metre	Heats
11:00 AM	#165	W50 200 Metre	Heats
11:45 AM	#166	M30+ 3000 Metre Race Walk	Finals
12:15 PM	#167	W30+ 3000 Metre Race Walk	Finals
1:00 PM	#168	M30-59 3000 Metre Steeplechase 91.4cm	Finals
1:25 PM	#169	W30+ 2000 Metre Steeplechase 76.2cm	Finals
1:40 PM	#170	M60+ 2000 Metre Steeplechase 76.2cm	Finals
2:10 PM	#171	M70-79 300 Long Hurdles 68.6cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
2:20 PM	#172	M60-69 300 Long Hurdles 76.2cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
2:20 PM	#173	W50-69 300 Long Hurdles 76.2cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
2:30 PM	#174	W30-49 400 Long Hurdles 76.2cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
2:40 PM	#175	M55 400 Long Hurdles 83.8cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
2:40 PM	#176	M50 400 Long Hurdles 83.8cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
2:50 PM	#177	M30-49 400 Long Hurdles 91.4cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
3:20 PM	#178	M80+ 200 Metre	Finals
3:25 PM	#179	M75 200 Metre	Finals
3:29 PM	#180	M70 200 Metre	Finals
3:33 PM	#181	M65 200 Metre	Finals
3:37 PM	#182	M60 200 Metre	Finals
3:41 PM	#183	M50 200 Metre	Finals
3:45 PM	#184	M45 200 Metre	Finals
3:49 PM	#185	M40 200 Metre	Finals
3:53 PM	#186	M35 200 Metre	Finals
3:57 PM	#187	M55 200 Metre	Finals

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3:57 PM	#188	M30 200 Metre	Finals
4:01 PM	#189	W70+ 200 Metre	Finals
4:05 PM	#190	W65 200 Metre	Finals
4:09 PM	#191	W60 200 Metre	Finals
4:09 PM	#192	W55 200 Metre	Finals
4:13 PM	#193	W50 200 Metre	Finals
4:17 PM	#194	W45 200 Metre	Finals
4:21 PM	#195	W35 200 Metre	Finals
4:25 PM	#196	W40 200 Metre	Finals
4:25 PM	#197	W30 200 Metre	Finals

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

Start		Event	Round
8:00 AM	#198	M45 Hammer Throw	Finals
8:00 AM	#199	Throws Pentathlon: #1 M45 Hammer Throw	Finals
8:45 AM	#200	M30-44 Hammer Throw	Finals
8:45 AM	#201	Throws Pentathlon: #1 M30-39 Hammer Throw	Finals
8:45 AM	#202	Throws Pentathlon: #1 M40 Hammer Throw	Finals
9:00 AM	#203	M30-49 Pole Vault	Finals
9:00 AM	#204	W30+ Pole Vault	Finals
9:00 AM	#205	M60+ Triple Jump	Finals
9:00 AM	#206	M50-59 Javelin Throw	Finals
9:00 AM	#207	Throws Pentathlon: #4 M50 Javelin Throw	Finals
9:00 AM	#208	Throws Pentathlon: #4 M55 Javelin Throw	Finals
9:30 AM	#209	M50-59 Hammer Throw	Finals
9:30 AM	#210	Throws Pentathlon: #1 M50 Hammer Throw	Finals
9:30 AM	#211	Throws Pentathlon: #1 M55 Hammer Throw	Finals
10:30 AM	#212	M50+ Pole Vault	Finals
11:45 AM	#213	W50-64 Weight Throw	Finals
11:45 AM	#214	Throws Pentathlon: #5 W50 Weight Throw	Finals
11:45 AM	#215	Throws Pentathlon: #5 W55 Weight Throw	Finals
11:45 AM	#216	Throws Pentathlon: #5 W60 Weight Throw	Finals
11:45 AM	#217	W65+ Weight Throw	Finals
11:45 AM	#218	Throws Pentathlon: #5 W65+ Weight Throw	Finals
12:00 PM	#219	M60+ High Jump	Finals
1:30 PM	#220	M70+ Shot Put	Finals
1:30 PM	#221	Throws Pentathlon: #2 M70 Shot Put	Finals
1:30 PM	#222	Throws Pentathlon: #2 M75+ Shot Put	Finals
1:30 PM	#223	M45 Javelin Throw	Finals
1:30 PM	#224	Throws Pentathlon: #4 M45 Javelin Throw	Finals
1:30 PM	#225	W30-49 Weight Throw	Finals
1:30 PM	#226	Throws Pentathlon: #5 W30-39 Weight Throw	Finals
1:30 PM	#227	Throws Pentathlon: #5 W40 Weight Throw	Finals
1:30 PM	#228	Throws Pentathlon: #5 W45 Weight Throw	Finals
1:30 PM	#229	M50-59 High Jump	Finals
1:30 PM	#230	M30-44 Triple Jump	Finals
3:00 PM	#231	W55+ Hammer Throw	Finals
3:00 PM	#232	Throws Pentathlon: #1 W55 Hammer Throw	Finals
3:00 PM	#233	Throws Pentathlon: #1 W60 Hammer Throw	Finals
3:00 PM	#234	Throws Pentathlon: #1 W65+ Hammer Throw	Finals
3:00 PM	#235	M60 Shot Put Secured	Finals
3:00 PM	#236	M60-69 Shot Put	Finals
3:00 PM	#237	Throws Pentathlon: #2 M60 Shot Put	Finals
3:00 PM	#238	Throws Pentathlon: #2 M65 Shot Put	Finals
3:00 PM	#239	W50+ High Jump	Finals
3:00 PM	#240	M45-59 Triple Jump	Finals

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3:00 PM	#241	M30-44 Javelin Throw	Finals
3:00 PM	#242	Throws Pentathlon: #4 M30-39 Javelin Throw	Finals
3:00 PM	#243	Throws Pentathlon: #4 M40 Javelin Throw	Finals

Session: 6 Sunday 11 Nov Track
Day 3 - Sunday 11/11/2018 - Starts at 10:30 AM

Start		Event	Round
10:30 AM	#244	M65+ 1500 Metre	Finals
10:40 AM	#245	M50-64 1500 Metre	Finals
10:50 AM	#246	M30-49 1500 Metre	Finals
11:00 AM	#247	W50+ 1500 Metre	Finals
11:10 AM	#248	W30-49 1500 Metre	Finals
11:30 AM	#249	M70 60 Metre	Heats
11:30 AM	#250	M60 60 Metre	Heats
12:15 PM	#251	M80+ 60 Metre	Finals
12:18 PM	#252	M75 60 Metre	Finals
12:21 PM	#253	W70+ 60 Metre	Finals
12:24 PM	#254	W65 60 Metre	Finals
12:30 PM	#255	M65 60 Metre	Finals
12:36 PM	#256	M55 60 Metre	Finals
12:39 PM	#257	M50 60 Metre	Finals
12:42 PM	#258	M45 60 Metre	Finals
12:45 PM	#259	M40 60 Metre	Finals
12:48 PM	#260	M35 60 Metre	Finals
12:51 PM	#261	M30 60 Metre	Finals
12:54 PM	#262	W60 60 Metre	Finals
12:57 PM	#263	W55 60 Metre	Finals
1:00 PM	#264	W50 60 Metre	Finals
1:03 PM	#265	W45 60 Metre	Finals
1:06 PM	#266	W40 60 Metre	Finals
1:09 PM	#267	W35 60 Metre	Finals
1:12 PM	#268	W30 60 Metre	Finals
1:15 PM	#269	M70 60 Metre	Finals
1:18 PM	#270	M60 60 Metre	Finals
2:00 PM	#271	M75+ 400 Metre	Finals
2:06 PM	#272	M70 400 Metre	Finals
2:09 PM	#273	M65 400 Metre	Finals
2:15 PM	#274	M60 400 Metre	Finals
2:18 PM	#275	M55 400 Metre	Finals
2:21 PM	#276	M50 400 Metre	Finals
2:24 PM	#277	M45 400 Metre	Finals
2:27 PM	#278	M40 400 Metre	Finals
2:30 PM	#279	M30-39 400 Metre	Finals
2:33 PM	#280	W65+ 400 Metre	Finals
2:36 PM	#281	W55-64 400 Metre	Finals
2:39 PM	#282	W50 400 Metre	Finals
2:42 PM	#283	W45 400 Metre	Finals
2:45 PM	#284	W40 400 Metre	Finals
2:48 PM	#285	W30-39 400 Metre	Finals
3:30 PM	#286	W30+ 4x100 Metre Relay	Finals
3:40 PM	#287	M30+ 4x100 Metre Relay	Finals
3:50 PM	#288	W30+ 4x400 Metre Relay	Finals
4:00 PM	#289	M30+ 4x400 Metre Relay	Finals

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