

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

Time		Event	Round
9:00 AM	#1	W30-44 Hammer Throw	Finals
9:00 AM	#2	Throws Pentathlon: #3 W30-39 Hammer Throw	Finals
9:00 AM	#3	Throws Pentathlon: #3 W40-44 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	M45 Shot Put	Finals
9:00 AM	#7	Throws Pentathlon: #2 M45 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	M30-39 Shot Put	Finals
10:30 AM	#12	M50 Shot Put	Finals
10:30 AM	#13	Throws Pentathlon: #2 M30-39 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: #1 M30-39 Discus Throw	Finals
11:00 AM	#20	M45 Long Jump	Finals
11:30 AM	#21	M60-74 Weight Throw	Finals
11:30 AM	#22	Throws Pentathlon: #5 M60 Weight Throw	Finals
11:30 AM	#23	Throws Pentathlon: #5 M65 Weight Throw	Finals
11:30 AM	#24	Throws Pentathlon: #5 M70 Weight Throw	Finals
11:30 AM	#25	W30-49 High Jump	Finals
11:30 AM	#26	M30-44 High Jump	Finals
11:30 AM	#27	W65+ Javelin Throw	Finals
11:30 AM	#28	Throws Pentathlon: #4 W65+ Javelin Throw	Finals
11:30 AM	#29	M45 Discus Throw	Finals
11:30 AM	#30	Throws Pentathlon: #3 M45 Discus Throw	Finals
12:00 PM	#31	M50 Long Jump	Finals
12:30 PM	#32	W50+ Triple Jump	Finals
12:45 PM	#33	W30-44 Javelin Throw	Finals
12:45 PM	#34	Throws Pentathlon: #4 W30-39 Javelin Throw	Finals
1:00 PM	#35	M65-74 Discus Throw	Finals
1:00 PM	#36	M75+ Discus Throw	Finals
1:00 PM	#37	Throws Pentathlon: #3 M65 Discus Throw	Finals
1:00 PM	#38	Throws Pentathlon: #3 M70 Discus Throw	Finals
1:00 PM	#39	Throws Pentathlon: #3 M75+ Discus Throw	Finals
2:15 PM	#40	W55-64 Javelin Throw	Finals
2:15 PM	#41	Throws Pentathlon: #4 W55 Javelin Throw	Finals
2:15 PM	#42	Throws Pentathlon: #4 W60 Javelin Throw	Finals
2:15 PM	#42A	W60 Javelin Throw Wheelchair	Finals
2:15 PM	#43	M60 Long Jump	Finals
2:15 PM	#44	M65+ Long Jump	Finals
2:30 PM	#45	W40-49 Discus Throw	
2:30 PM	#46	Throws Pentathlon: #3 W45 Discus Throw	
2:30 PM	#47		Finals
3:15 PM	#48	M55 Shot Put	Finals
3:15 PM	#49	Throws Pentathlon: #2 M55 Shot Put	Finals
3:30 PM	#50	M30-39 Long Jump	Finals
3:30 PM	#51	M50 Discus Throw	Finals

3:30 PM	#52	Throws Pentathlon: #3 M50 Discus Throw	Finals
3:45 PM	#53	M40 Shot Put	Finals
3:45 PM	#54	Throws Pentathlon: #2 M40 Shot Put	Finals
4:00 PM	#55	M45 High Jump	Finals
4:00 PM	#56	M55 Discus Throw	Finals
4:00 PM	#57	M60 Discus Throw	Finals
4:00 PM	#58	Throws Pentathlon: #3 M55 Discus Throw	Finals
4:00 PM	#59	Throws Pentathlon: #3 M60 Discus Throw	Finals
4:30 PM	#60	M40 Long Jump	Finals

Session: 2 Friday 9th Nov Track

Day 1 - Friday 09/11/2018 - Starts at 09:30 AM

Time		Event	Round
9:30 AM	#61	M30-59 5000 Metre	Finals
9:30 AM	#62	M60-74 5000 Metre	Finals
9:30 AM	#63	M75+ 5000 Metre	Finals
9:30 AM	#64	W30+ 5000 Metre	Finals
11:00 AM	#65	M30-44 110 Short Hurdles .991cm	Finals
11:10 AM	#66	M45 110 Short Hurdles .991cm	Finals
11:20 AM	#67	M50 100 Short Hurdles .914cm	Finals
11:25 AM	#68	M55 100 Short Hurdles .914cm	Finals
11:40 AM	#69	M60-69 100 Short Hurdles .838cm	Finals
11:40 AM	#70	W30-39 100 Short Hurdles .838cm	Finals
12:00 PM	#71	W40-49 80 Short Hurdles .762cm	Finals
12:10 PM	#72	W50-59 80 Short Hurdles .762cm	Finals
12:20 PM	#73	M70+ 80 Short Hurdles .762cm	Finals
12:40 PM	#74	M70+ 800 Metre	Finals
12:50 PM	#75	M60-69 800 Metre	Finals
12:55 PM	#76	M55 800 Metre	Finals
1:00 PM	#77	M50 800 Metre	Finals
1:05 PM	#78	M45 800 Metre	Finals
1:10 PM	#79	M30-44 800 Metre	Finals
1:20 PM	#80	W65+ 800 Metre	Finals
1:20 PM	#81	W55-64 800 Metre	Finals
1:25 PM	#82	W45-54 800 Metre	Finals
1:30 PM	#83	W30-44 800 Metre	Finals
2:30 PM	#87	M80+ 100 Metre	Finals
2:30 PM	#88	M75 100 Metre	Finals
2:30 PM	#89	M60 100 Metre	Finals
2:30 PM	#90	M35 100 Metre	Finals
2:30 PM	#91	M30 100 Metre	Finals
3:00 PM	#92	W70+ 100 Metre	Finals
3:00 PM	#93	W65 100 Metre	Finals
3:05 PM	#94	W60 100 Metre	Finals
3:10 PM	#95	W55 100 Metre	Finals
3:15 PM	#96	W45 100 Metre	Finals
3:20 PM	#97	W35 100 Metre	Finals
3:25 PM	#98	W30 100 Metre	Finals
3:30 PM	#99	M50 100 Metre	Finals
3:35 PM	#100	M40 100 Metre	Finals
3:40 PM	#101	M45 100 Metre	Finals
3:45 PM	#102	M55 100 Metre	Finals
3:50 PM	#103	M65 100 Metre	Finals
3:50 AM	#103A	M65 100 Metre WHEELCHAIR	Finals
3:55 PM	#104	M70 100 Metre	Finals
4:00 PM	#105	W50 100 Metre	Finals

4:05 PM	#106	W40 100 Metre	Finals
4:15 PM	#107	M30-59 5000 Metre Race Walk	Finals
4:50 PM	#108	W30-59 5000 Metre Race Walk	Finals
4:50 PM	#109	M60+ 5000 Metre Race Walk	Finals
4:50 PM	#110	W60+ 5000 Metre Race Walk	Finals

Session: 3 Saturday 10th Nov Field

Day 2 - Saturday 10/11/2018 - Starts at 08:00 AM

Time		Event	Round
8:00 AM	#114	W45-54 Hammer Throw	Finals
8:00 AM	#115	Throws Pentathlon:# W45-54 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	W45-59 Long Jump	Finals
10:15 AM	#124	M70+ Hammer Throw	Finals
10:15 AM	#125	Throws Pentathlon: #1 M70 Hammer Throw	Finals
10:15 AM	#126	Throws Pentathlon: #1 M75+ Hammer Throw	Finals
10:45 AM	#127	W60+ Long Jump	Finals
11:15 AM	#128	M30-44 Weight Throw	Finals
11:15 AM	#129	Throws Pentathlon: #5 M30-39 Weight Throw	Finals
11:15 AM	#130	Throws Pentathlon: #5 M40 Weight Throw	Finals
12:15 PM	#131	M45-59 Weight Throw	Finals
12:15 PM	#132	Throws Pentathlon: #5 M45 Weight Throw	Finals
12:15 PM	#133	Throws Pentathlon: #5 M50 Weight Throw	Finals
12:15 PM	#134	Throws Pentathlon: #5 M55 Weight Throw	Finals
12:45 PM	#135	W30-44 Long Jump	Finals
12:45 PM	#136	M60-69 Javelin Throw	Finals
12:45 PM	#137	Throws Pentathlon: #4 M60 Javelin Throw	Finals
12:45 PM	#138	Throws Pentathlon: #4 M65 Javelin Throw	Finals
12:45 PM	#139	W45-54 Shot Put	Finals
12:45 PM	#140	Throws Pentathlon: #2 W45 Shot Put	Finals
12:45 PM	#141	Throws Pentathlon: #2 W50 Shot Put	Finals
1:30 PM	#142	W50-59 Discus Throw	Finals
1:30 PM	#143	Throws Pentathlon: #3 W50 Discus Throw	Finals
1:30 PM	#144	Throws Pentathlon: #3 W55 Discus Throw	Finals
2:15 PM	#145	W55-64 Shot Put	Finals
2:15 PM	#146	Throws Pentathlon: #2 W55 Shot Put	Finals
2:15 PM	#147	Throws Pentathlon: #2 W60 Shot Put	Finals
2:30 PM	#148	W60+ Discus Throw	Finals
2:30 PM	#149	Throws Pentathlon: #3 W60 Discus Throw	Finals
2:30 PM	#152	Throws Pentathlon: #3 W65+ Discus Throw	Finals
3:00 PM	#148A	W60 Discus Throw Wheelchair	Finals
3:00 PM	#148B	W60 Shot Put Wheelchair	Finals
3:30 PM	#150	W65+ Shot Put	Finals
3:30 PM	#151	Throws Pentathlon: #2 W65+ Shot Put	Finals
3:30 PM	#153	M75+ Javelin Throw	Finals
3:30 PM	#154	Throws Pentathlon: #4 M75+ Javelin Throw	Finals
3:30 PM	#155	W30-39 Discus Throw	Finals
3:30 PM	#156	Throws Pentathlon: #3 W30-39 Discus Throw	Finals

Session: 4 Saturday 10th Nov Track

Day 2 - Saturday 10/11/2018- Starts at 12:30 PM

Time		Event	Round
12:30 PM	#157	M30-59 3000 Metre Steeplechase .914cm	Finals
1:00 PM	#158	W30+ 2000 Metre Steeplechase .762cm	Finals
1:00 PM	#159	M60+ 2000 Metre Steeplechase .762cm	Finals
1:30 PM	#160	M30-44 400 Long Hurdles .914cm	Finals
1:40 PM	#161	M45 400 Long Hurdles .914cm	Finals
1:50 PM	#162	M50 400 Long Hurdles .838cm	Finals
2:00 PM	#163	M55 400 Long Hurdles .838cm	Finals
2:10 PM	#164	W30-49 400 Long Hurdles .762cm	Finals
2:15 PM	#165	W50-69 300 Long Hurdles .762cm	Finals
2:15 PM	#166	M60-79 300 Long Hurdles	Finals
3:15 PM	#167	M30 200 Metre	Finals
3:20 PM	#168	M35 200 Metre	Finals
3:25 PM	#169	M40 200 Metre	Finals
3:30 PM	#170	M45 200 Metre	Finals
3:35 PM	#171	M50 200 Metre	Finals
3:40 PM	#172	M55 200 Metre	Finals
3:45 PM	#173	M60 200 Metre	Finals
3:50 PM	#174	M65 200 Metre	Finals
3:50 PM	#234	M65 200 Metre WHEELCHAIR	Finals
3:55 PM	#175	M70 200 Metre	Finals
3:55 PM	#176	M75 200 Metre	Finals
3:55 PM	#177	M80+ 200 Metre	Finals
4:00 PM	#178	W30 200 Metre	Finals
4:00 PM	#179	W35 200 Metre	Finals
4:05 PM	#180	W40 200 Metre	Finals
4:10 PM	#181	W45 200 Metre	Finals
4:15 PM	#182	W50 200 Metre	Finals
4:20 PM	#183	W55 200 Metre	Finals
4:25 PM	#184	W60 200 Metre	Finals
4:30 PM	#185	W65 200 Metre	Finals
4:30 PM	#186	W75+ 200 Metre	Finals

Session: 5 Sunday 11th Nov Field

Day 3 - Sunday 11/11/2018 - Starts at 08:00 AM

Time		Event	Round
8:00 AM	#187	M45 Hammer Throw	Finals
8:00 AM	#188	Throws Pentathlon: #1 M45 Hammer Throw	Finals
8:45 AM	#189	M30-44 Hammer Throw	Finals
	#190	Throws Pentathlon: #1 M30-39 Hammer Throw	Finals
	#191	Throws Pentathlon: #1 M40 Hammer Throw	Finals
9:00 AM	#192	M30-49 Pole Vault	Finals
	#193	W30+ Pole Vault	Finals
	#194	M60+ Triple Jump	Finals
9:00 AM	#195	M50-59 Javelin Throw	Finals
9:00 AM	#196	Throws Pentathlon: #4 M50 Javelin Throw	Finals
9:00 AM	#197	Throws Pentathlon: #4 M55 Javelin Throw	Finals
9:30 AM	#198	M50-59 Hammer Throw	
	#203	Throws Pentathlon: #1 M50 Hammer Throw	
	#199	Throws Pentathlon: #1 M55 Hammer Throw	
10:15 AM	#200	M30-44 Hammer Throw	Finals
	#201	Throws Pentathlon: #1 M30-39 Hammer Throw	Finals
	#202	Throws Pentathlon: #1 M40 Hammer Throw	Finals
10:30 AM	#204	M50+ Pole Vault	Finals
11:45 AM	#205	W50-64 Weight Throw	
11:45 AM	#206	W65+ Weight Throw	

11:45 AM	#207	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	#208	M60+ High Jump	Finals	
1:30 PM	#209	M70+ Shot Put	Finals	
1:30 PM	#210	Throws Pentathlon: #2 M70 Shot Put	Finals	
1:30 PM	#211	Throws Pentathlon: #2 M75+ Shot Put	Finals	
1:30 PM	#212	M45 Javelin Throw	Finals	
1:30 PM	#213	Throws Pentathlon: #4 M45 Javelin Throw	Finals	
1:30 PM	#214	W30-49 Weight Throw	Finals	
1:30 PM	#215	Throws Pentathlon: #5 W30-39 Weight Throw	Finals	
1:30 PM	#216	Throws Pentathlon: #5 W45 Weight Throw	Finals	
1:30 PM	#217	M50-59 High Jump	Finals	
1:30 PM	#218	M30-44 Triple Jump	Finals	
3:00 PM	#219	W55+ Hammer Throw	Finals	
3:00 PM	#220	Throws Pentathlon: #1 W55 Hammer Throw	Finals	
3:00 PM	#221	Throws Pentathlon: #1 W60 Hammer Throw	Finals	
3:00 PM	#222	Throws Pentathlon: #1 W65+ Hammer Throw	Finals	
3:00 PM	#223	M60-69 Shot Put	Finals	
3:00 PM	#224	Throws Pentathlon: #2 M60 Shot Put	Finals	
3:00 PM	#225	Throws Pentathlon: #2 M65 Shot Put	Finals	
3:00 PM	#226	W50+ High Jump	Finals	
3:00 PM	#227	M45-59 Triple Jump	Finals	
3:00 PM	#228	M30-44 Javelin Throw	Finals	
3:00 PM	#229	Throws Pentathlon: #4 M30-39 Javelin Throw	Finals	
3:00 PM	#230	Throws Pentathlon: #4 M40 Javelin Throw	Finals	

Session: 6 Sunday 11th Nov Track

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

Time		Event	Round	
10:30 AM	#235	M30-49 1500 Metre	Finals	
10:40 AM	#236	M50-59 1500 Metre	Finals	
10:50 AM	#237	M60+ 1500 Metre	Finals	
11:00 AM	#238	W30-49 1500 Metre	Finals	
11:00 AM	#239	W50+ 1500 Metre	Finals	
11:30 AM	#240	M30 60 Metre	Finals	
11:36 AM	#241	M35 60 Metre	Finals	
11:42 AM	#242	M40 60 Metre	Finals	
11:48 AM	#243	M45 60 Metre	Finals	
11:56 AM	#244	M50 60 Metre	Finals	
12:02 PM	#245	M55 60 Metre	Finals	
12:08 PM	#246	M60 60 Metre	Finals	
12:14 PM	#247	M65 60 Metre	Finals	
12:20 AM	#247A	M70 60 Metre	Finals	
12:20 PM	#248	M75 60 Metre	Finals	
12:20 PM	#249	M80+ 60 Metre	Finals	
12:30 PM	#250	W30 60 Metre	Finals	
12:30 PM	#251	W35 60 Metre	Finals	
12:35 PM	#252	W40 60 Metre	Finals	
12:40 PM	#253	W45 60 Metre	Finals	
12:45 PM	#254	W50 60 Metre	Finals	
12:50 PM	#255	W55 60 Metre	Finals	
12:50 PM	#256	W60 60 Metre	Finals	
12:55 PM	#257	W65 60 Metre	Finals	
12:55 PM	#258	W70+ 60 Metre	Finals	

2:00 PM	#259	W30+ 3000 Metre Race Walk	Finals		
2:00 PM	#260	M30+ 3000 Metre Race Walk	Finals		
2:40 PM	#261	W55-69 400 Metre	Finals		
2:45 PM	#262	W50 400 Metre	Finals		
2:50 PM	#263	W45 400 Metre	Finals		
2:50 PM	#264	W40 400 Metre	Finals		
2:50 PM	#265	W30-39 400 Metre	Finals		
3:00 PM	#266	M75+ 400 Metre	Finals		
3:00 PM	#267	M70 400 Metre	Finals		
3:05 PM	#268	M65 400 Metre	Finals		
10:00 AM	#235	M65 400 Metre WHEELCHAIR	Finals		
3:10 PM	#269	M60 400 Metre	Finals		
3:20 PM	#270	M55 400 Metre	Finals		
3:25 PM	#271	M50 400 Metre	Finals		
3:30 PM	#272	M45 400 Metre	Finals		
3:35 PM	#273	M40 400 Metre	Finals		
3:40 PM	#274	M30-39 400 Metre	Finals		
4:00 PM	#275	W30+ 4x100 Metre Relay	Finals		
4:10 PM	#276	M30+ 4x100 Metre Relay	Finals		
4:30 PM	#277	W30+ 4x400 Metre Relay	Finals		
4:40 PM	#278	M30+ 4x400 Metre Relay	Finals		