

**Session: 1 Saturday 7th Nov Field**  
**Day 1 - Saturday 06/11/2021 - Starts at 09:00 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+ Hammer Throw	Finals	
	W30+ Hammer Throw	Finals	
	W30+ Shot Put	Finals	
	W30+ Long Jump	Finals	
	M30+ High Jump	Finals	

**Session: 2 Saturday 7th Nov Track**  
**Day 1 - Saturday 06/11/2021 - Starts at 09:30 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+/W30+ 5000m Run	Timed Finals	
	W40+/M80+ 80m Hurdles	Timed Finals	
	M50-69/W30-39 100m Hurdles	Timed Finals	
	M30-49 110m Hurdles	Timed Finals	
	M30+ 800 Metre	Timed Finals	
	W30+ 800 Metre	Timed Finals	
	M30+/W30+ 100m	Heats	<b>If Required</b>
	M30+/W30+ 100m	Finals	<b>Those with scheduled heats will run finals last</b>
	M30+/W30+ 5000m Race Walk	Timed Finals	

**Session: 3 Sunday 8th Nov Field**  
**Day 2 - Sunday 07/11/2021 - Starts at 08:00 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+ Discus Throw	Finals	
	W30+ Discus Throw	Finals	
	M30+ Shot Put	Finals	
	M30+ Pole Vault	Finals	
	W30+ Pole Vault	Finals	
	M30+ Long Jump	Finals	
	W30+ High Jump	Finals	

**Session: 4 Sunday 8th Nov Track**  
**Day 2 - Sunday 07/11/2021 - Starts at 09:30 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+/W30+ 200m	Heats	<b>If Required</b>
	M30+/W30+ 3000 Metre Race Walk	Timed Finals	
	M30-59 3000 Metre Steeplechase	Timed Finals	
	W30+ 2000 Metre Steeplechase	Timed Finals	
	M60+ 2000 Metre Steeplechase	Timed Finals	
	M80+/W70+ 200m Hurdles	Timed Finals	
	M60-79/W50-69 300m Hurdles	Timed Finals	
	M30-59/W30-49 400m Hurdles	Timed Finals	
	M30+/W30+ 200m	Finals	

**Session: 5 Monday 9th Nov Field**  
**Day 3 - Monday 08/11/2021 - Starts at 08:00 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+ Javelin Throw	Finals	
	W30+ Javelin Throw	Finals	
	M30+ Weight Throw	Finals	
	W30+ Weight Throw	Finals	
	M30+ Triple Jump	Finals	
	W30+ Triple Jump	Finals	

**Session: 6 Monday 9th Nov Track**  
**Day 3 - Monday 08/11/2021 - Starts at 09:30 AM**  
**Individual age group breakdown and start times**  
**will be available after close of entries**

Estimated Start Time	Event	Round	Notes
	M30+/W30+ 1500m	Timed Finals	
	M30+/W30+ 60m	Heats	<b>If Required</b>
	M30+/W30+ 60m	Finals	
	M30+/W30+ 400m	Timed Finals	