Individual age gro	up breakdown a	nd start times
Event	Round	Notes
M30+ Hammer Throw	Finals	
W30+ Hammer Throw	Finals	
W30+ Shot Put	Finals	
W30+ Long Jump	Finals	
M30+ High Jump	Finals	
	•	
Individual age gro	up breakdown a	nd start times
will be availa	ible after close o	f entries
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	If Required
M30+/W30+ 100m	Finals	Those with scheduled heats will run finals last
M30+/W30+ 5000m Race Walk	Timed Finals	
Event	Round	Notes
M30+ Discus Throw	Finals	
M30+ Pole Vault	Finals	
W30+ Pole Vault	Finals	
	Finals	
W30+ High Jump	Finals	
Event	Round	Notes
M30+/W30+ 200m	Heats	If Required
M30+/W30+ 3000 Metre Race Walk	Timed Finals	· · · ·
M30-59 3000 Metre Steeplechase	Timed Finals	
M30-59 3000 Metre Steeplechase	Timed Finals Timed Finals	
M30-59 3000 Metre Steeplechase W30+ 2000 Metre Steeplechase		
M30-59 3000 Metre Steeplechase W30+ 2000 Metre Steeplechase M60+ 2000 Metre Steeplechase	Timed Finals	
M30-59 3000 Metre Steeplechase W30+ 2000 Metre Steeplechase M60+ 2000 Metre Steeplechase M80+/W70+ 200m Hurdles	Timed Finals Timed Finals	
M30-59 3000 Metre Steeplechase W30+ 2000 Metre Steeplechase M60+ 2000 Metre Steeplechase	Timed Finals Timed Finals Timed Finals	
	Day 1 - Saturday (Individual age gro will be avails Event M30+ Hammer Throw W30+ Hammer Throw W30+ Shot Put W30+ Long Jump M30+ High Jump Session: 2 Day 1 - Saturday (Individual age gro will be avails Event M30+/W30+ 5000m Run W40+/M80+ 80m Hurdles M30-69/W30-39 100m Hurdles M30-69/W30-39 100m Hurdles M30-49 110m Hurdles M30-49 110m Hurdles M30+800 Metre W30+ 800 Metre W30+ 800 Metre M30+/W30+ 100m M30+/W30+ 100m M30+/W30+ 5000m Race Walk Event M30+ Discus Throw W30+ Discus Throw W30+ Discus Throw W30+ Discus Throw M30+ Shot Put M30+ Pole Vault W30+ Pole Vault W30+ Pole Vault W30+ High Jump W30+ High Jump	M30+ Hammer ThrowFinals Finals W30+ Shot PutFinals Finals W30+ Long JumpW30+ Long JumpFinals M30+ High JumpFinalsSession: 2Saturday 06/11/2021 - Star Individual age group breakdown a will be available after close of Na0+ W30+ 5000m RunTimed FinalsM30+/W30+ 5000m RunTimed FinalsM30+/W30+ 5000m RunTimed FinalsM30+/W30+ 5000m RunTimed FinalsM50-69/W30-39 100m HurdlesTimed FinalsM30+49 110m HurdlesTimed FinalsM30+800 MetreTimed FinalsM30+W30+ 100mHeatsM30+W30+ 5000m Race WalkTimed FinalsM30+W30+ 5000m Race WalkTimed FinalsM30+W30+ 5000m Race WalkTimed FinalsM30+W30+ 100mFinalsM30+W30+ 5000m Race WalkTimed FinalsM30+W30+ 5000m Race WalkTimed FinalsM30+W30+ 5000m Race WalkTimed FinalsM30+Discus ThrowFinalsM30+Discus ThrowFinalsM30+ Pole VaultFinalsM30+ Pole VaultFinalsM30+ Pole VaultFinalsM30+ Pole VaultFinalsM30+ Pole VaultFinalsM30+ High JumpFinalsW30+ High Jump </td

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 W30+ Javelin Throw	Finals Finals			
	M30+ Weight Throw W30+ Weight Throw M30+ Triple Jump	Finals Finals 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 M30+/W30+ 60m M30+/W30+ 60m M30+/W30+ 400m	Timed Finals Heats Finals Timed Finals	If Required		