SATURDAY November 7th Field Events			
08:30am	Hammer (7.26kg/6kg)	M30-54	Hammer Cage
	Shot Put (4kg)	W30-39	Shot Cirle 1
10:15am	Hammer (4kg/3kg)	W45-59	Hammer Cage
	High Jump	M65+	Pit 1
12:00pm	Hammer (6kg/5kg)	M55-69	Hammer Cage
	Shot Put (3kg/2kg)	W65+	Shot Cirle 1
	High Jump	M30-49	Pit 1
01:45pm	Hammer (4kg/3kg)	M70+	Hammer Cage
	Long Jump	W30-49	Pit 1
	Shot Put (3kg)	W55-64	Shot Cirle 1
03:30pm	Hammer (4kg)	W30-44	Hammer Cage
	Long Jump	W50+	Pit 1
	High Jump	M50-64	Pit 1
05:15pm	Hammer (3kg/2kg)	W60+	Hammer Cage
	Shot Put (4kg/3kg)	W40-54	Shot Cirle 1

SATURDAY November 7th Track Events		
09:30am	5000m Walk	W30+
10:15am	5000m Walk	M30+
11:10am	110m Hurdles @99.1cm	M30-49
11:20am	100m Hurdles @91.4cm	M50-59
11:30am	100m Hurdles @83.8cm	M60-69
11:45am	80m Hurdles @76.2cm	W40-49
11:55am	80m Hurdles @76.2cm	M70
	80m Hurdles @ 68.6cm	M85+
12:05pm	80m Hurdles @76.2cm	W50-59
	80m Hurdles @ 68.6cm	W60+
12:55pm	800m	M70+
01:02pm	800m	M60-69
01:09pm	800m	M55
01:16pm	800m	M50
01:23pm	800m	M40-49
01:28pm	800m	M30-39
01:33pm	800m	W55+
01:40pm	800m	W30-54
Finals will be run at FINAL Time if the heats are no longer required due to athletes not checking in on time		
02:00pm	100m Heats	M65
	100m Heats	M60
	100m Heats	M55
	100m Heats	M50
	100m Heats	M45
	100m Heats	W60
03:00pm	100m Finals	M80+
03:04pm	100m Finals	M70-79
03:08pm	100m Finals	M40
03:12pm	100m Finals	M35
03:16pm	100m Finals	M30
03:20pm	100m Finals	W70+
03:24pm	100m Finals	W65
03:28pm	100m Finals	W50-59
03:32pm	100m Finals	W45
03:36pm	100m Finals	W40
03:42pm	100m Finals	W30-39
03:46pm	100m Finals	M65
03:52pm	100m Finals	M60
03:56pm	100m Finals	M55
04:00pm	100m Finals	M50
04:04pm	100m Finals	M45
04:08pm	100m Finals	W60
04:30pm	3000m	W30+
05:00pm	3000m	M60+
05:30pm	3000m	M30-59

SUNDAY November 8th Field Events					SUNDAY November 8th Track Events		
08:00am	Discus (1kg)	W40-49	Hammer Cage		**10:00am**	3000m Steeplechase @83.8cm	M30-59
	Shot Put (4kg/3kg)	M70+	Shot Circle 1		**10:30am**	2000m Steeplechase @76.2cm	M60+
	Long Jump	M50-64	Pit 1		**11:00am**	2000m Steeplechase @76.2cm	W30+
	Shot Put (7.26kg)	M30-39	Shot Circle 2				
					11:30am	200m Hurdles @68.2cm	M85
09:45am	Discus (1kg)	M60-74	Hammer Cage		**11:40am**	300m Hurdles @76.2cm	W50-69
	Pole Vault	M30+	Pole Vault Pit		**11:50am**	300m Hurdles @76.2cm	M60-79
	Pole Vault	W30+	Pole Vault Pit		**12:00pm**	400m Hurdles @83.8cm	M55
	Discus (1kg/750g)	W60+	Discus Cage 2		**12:10pm**	400m Hurdles @76.2cm	W40
						400m Hurdles @83.8cm	M50
						400m Hurdles @91.4cm	M35
11:30am	Discus (1kg)	M75+	Hammer Cage		**12:25pm**	400m Hurdles @91.4cm	M40-49
	Discus (1kg)	W50-59	Discus Cage 2				
	Long Jump	M40-49	Pit 1				
					Finals will be run at FINAL Time if the heats are no longer required due to athletes not checking in on time		
01:15pm	Discus (1.5kg)	M50-59	Hammer Cage		**02:00pm**	200m Heats	M65
	Shot Put (7.26kg)	M40-49	Shot Circle 1				M60
	Long Jump	M65+	Pit 1				M50
							M45
							W60
					03:00pm	200m Finals	M80+
					03:04pm	200m Finals	M75
					03:08pm	200m Finals	M70
					03:12pm	200m Finals	M55
					03:16pm	200m Finals	M40
					03:20pm	200m Finals	M35
					03:24pm	200m Finals	M30
					03:28pm	200m Finals	W65+
03:00pm	Discus (1kg)	W30-39	Hammer Cage		**03:32pm**	200m Finals	W55
	Shot Put (6kg)	M50-59	Shot Circle 1		**03:36pm**	200m Finals	W50
	Long Jump	M30-39	Pit 1		**03:40pm**	200m Finals	W40-49
					03:44pm	200m Finals	W30-39
04:00pm	High Jump	W30+	Pit 1		**03:48pm**	200m Finals	M65
					03:52pm	200m Finals	M60
					03:56pm	200m Finals	M50
04:30pm	Discus (2kg)	M30-49	Hammer Cage		**04:00pm**	200m Finals	M45
	Shot Put (5kg)	M60-69	Shot Circle 1		**04:04pm**	200m Finals	W60
					04:30pm	3000m Walk	M30+
					05:00pm	3000m Walk	W30+

MONDAY November 9th Field Events					MONDAY November 9th Track Events		
08:00am	Javelin (500g/400g)	W60+	Javelin East		**10:00am**	1500m	M70+
	Javelin (600g)	M60-69	Javelin West		**10:10am**	1500m	M55-69
	Weight Throw (15.88kg)	M30-49	Hammer Cage		**10:20am**	1500m	M30-54
	Triple Jump	M55+	Pit 1		**10:30am**	1500m	W30+
09:45am	Weight Throw (11.34kg/9.08kg)	M50-64	Hammer Cage				
	Javelin (500g/400g)	M70+	Javelin East				
	Javelin (600g)	W40-49	Javelin West		**Finals will be run at FINAL Time if the heats are no longer required due to athletes not checking in on time**		
					11:00am	60m Heats	M65
							M60
							M45
11:30am	Weight Throw (9.08kg/7.26kg/5.45kg)	M65+	Hammer Cage		**12:00pm**	60m Finals	M80+
	Javelin (800g)	M30-49	Javelin West		**12:04pm**	60m Finals	M75
	Triple Jump	W30+	Pit 1		**12:08pm**	60m Finals	M70
					12:12pm	60m Finals	M55
					12:16pm	60m Finals	M50
					12:20pm	60m Finals	M30-44
					12:24pm	60m Finals	W70+
					12:28pm	60m Finals	W65
					12:32pm	60m Finals	W60
					12:36pm	60m Finals	W50-59
					12:40pm	60m Finals	W45
					12:44pm	60m Finals	W40
					12:48pm	60m Finals	W30-39
					12:52pm	60m Finals	M65
					12:56pm	60m Finals	M60
					01:00pm	60m Finals	M45
01:15pm	Weight Throw (9.08kg)	W30-39	Hammer Cage		**02:00pm**	400m Finals	M80+
	Javelin (500g)	W50-59	Javelin West		**02:05pm**	400m Finals	M75
	Triple Jump	M30-54	Pit 1		**02:10pm**	400m Finals	M70
					02:15pm	400m Finals	M65
					02:20pm	400m Finals	M60
					02:25pm	400m Finals	M55
					02:35pm	400m Finals	M50
					02:45pm	400m Finals	M45
03:00pm	Weight Throw (9.08kg/7.26kg)	W40-59	Hammer Cage		**02:50pm**	400m Finals	M40
	Javelin (700g)	M50-59	Javelin West		**02:55pm**	400m Finals	M30-39
					03:00pm	400m Finals	W65+
04:30pm	Weight Throw (5.45kg/4.00kg)	W60+	Hammer Cage		**03:05pm**	400m Finals	W60
	Javelin (600g)	W30-39	Javelin West		**03:15pm**	400m Finals	W45-59
					03:20pm	400m Finals	W30-44