	TRACK			FIELD							
				Long	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer
12:30	1500 & 3000m Walk	Men & Women	**12:30**	Women - All Ages		1.10m Start			U16, U14 M&W		U18, Open, O35 M&W
12:45			**12:45**								
13:00	Long Hurdles (200 & 400)	Men then Women	**13:00**				High Start				
13:15			**13:15**					U18, Open, O35 M&W		U16, U14 M&W	
13:30	800m	Men then Women	**13:30**		M&W - All Ages						
13:45			**13:45**								
14:00	100m	Men then Women	**14:00**						U18, Open, O35 M&W		U16, U14 M&W
14:15			**14:15**								
14:30	400m	Men then Women	**14:30**			1.50m Start	Low Start				
14:45			**14:45**								
15:00	1500m	Men then Women	**15:00**	Men - All Ages				U16, U14 M&W		U18, Open, O35 M&W	
15:15			**15:15**								
15:30	4x100 Relays	Mixed Relays	**15:30**								
15:45			**15:45**								
16:00			**16:00**								