

TRACK			FIELD			
			Long Jump	High Jump	Shot Put	Discus
13:00	60m	Women then Men	13:00 Women - All Ages		Women - All Ages	Men - All Ages
13:15			13:15			
13:30	800m	Women then Men	13:30	1.40 Start - Men & Women		
13:45			13:45		Men - All Ages	
14:00	200m	Women then Men	14:00	Men - All Ages		Women - All Ages
14:15			14:15			
14:30	3000m	Women then Men	14:30			
14:45			14:45			
15:00			15:00			