

Saturday 6th March - Track Events

8.00am	M30+ W30+	5000m
	M30+ W30+	5000m Walk
9.00am	M30-49	110 Hurdles
	M50-59	100m Hurdles
	W30-39	100m Hurdles
9.15am	M60-69	100m Hurdles
9.25am	W40-49	80m Hurdles
	M70-79	80m Hurdles
	W50-59	80m Hurdles
9.35am	M80+	80m Hurdles
	W60+	80m Hurdles
11.45am	W30+	800m
12.00pm	M30+	800m
12.15pm	W30+	100m
12.30pm	M30+	100m
1.45pm	W30+	400m
2.00pm	M30+	400m

Saturday - 6th March - Field Events

8.00am	W30-59	Discus
	W60+	Shot Put
	M30-59	Javelin
8.30am	M60+	Long Jump
9.25am	W60+	Discus
	M60-69	Javelin
	M70+	Shot Put
9.45am	M/W 60+	Pole Vault
	W30+	Long Jump
10.50am	W30-59	Javelin
	M30-59	Shot Put
	M60-69	Discus
11.15am	M30-59	Long Jump

12.15pm	W30-59	Shot Put
	W60+	Javelin
	M70+	Discus
	M/W 30-59	Pole Vault

1.40pm	M30-59	Discus
	M60-69	Shot Put
	M70+	Javelin

Sunday 7th March - Track Events

1.00pm	M30-59, W30-49	400m Hurdles
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1.15pm	M60-79, W50-69	300m Hurdles
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1.30pm	M80+, W70+	200m Hurdles
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1.40pm	W30+	1500m
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1.50pm	M30+	1500m
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2.05pm	W30+	60m
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2.20pm	M30+	60m
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2.40pm	M/W30+	1500m Walk
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3.00pm	Women	Champion of Champions 100m
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3.10pm	Men	Champion of Champions 100m
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3.30pm	W30+	200m
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3.45pm	M30+	200m
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4.10pm	M60+, W30+	2000m Steeplechase
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4.30pm	M30-59	3000m Steeplechase
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Sunday 7th March - Field Events

1.00pm	W30+	Hammer	Southern Cage Outer Field
	M65+	Weight	
	M30-64	High Jump	
	M65+	Triple Jump	

3.00pm	W30+	Weight	Outer Field Southern Cage
	M30-64	Hammer	
	W30+	Triple Jump	
	M65+	High Jump	

4.00pm	M65+	Hammer	Southern Cage Outer Field
	M30-64	Weight	
	W30+	High Jump	
	M30-64	Triple Jump	