

State Championships Timetable

Thursday 6 March

1900 10,000 m

Saturday 8 March

Pentathlon

Women 30+

0800 start

Men 30-54

0835 start

Men 55-89

0920 start

please be prompt in starting each age grouping

Saturday 15 March

Weight Pentathlon

Women 30+

0800 start

Men 30+

0840 start

1200	W30+	1500m	1345	W60+	Javelin
1200	M55+	High Jump	1400	W30-49	400m
1200	W30+	Long Jump	1405	W50+	400m
1200	M30-54	Javelin	1410	M30-39	400m
1210	M30-49	1500m	1415	M40-49	400m
1220	M50-64	1500m	1420	M50-59	400m
1230	M65+	1500m	1425	M60	400m
1230	M65+	Hammer	1430	M65	400m
1245	M35-44	100m	1430	W30-49	High Jump
1250	M45	100m	1430	M55+	Javelin
1255	M50-59	100m	1435	M70+	400m
1300	M60	100m	1445	W30+	Hammer
1300	W30-59	Javelin	1445	M30-49	Long Jump
1305	M65+	100m	1450	W30+	3000m walk
1315	W30-49	100m	1450	M30+	3000m walk
1315	M30-54	High Jump	1525	M70+	80m Hurdles
1315	M50+	Long Jump	1525	W45	80m Hurdles
1320	W50-59	100m	1530	M50-69	100m Hurdles
1325	W60+	100m	1530	W35	100m Hurdles
1345	M30-64	Hammer			

Sunday 16 March

0800	W30+	5000m	1045	W60+	Shot
0800	M70+	5000m	1100	W30+	800m
0800	M60-69	Discus	1110	M30-44	800m
0800	M30-59	Shot	1110	W30-59	Discus
0800	M70+	Weight Throw	1115	M45-59	800m
0800	W30+	Triple Jump	1120	M60+	800m
0830	W30-59	Shot	1130	M60-69	Shot
0840	M55-69	5000m	1135	W35-49	400m Hurdles
0845	M30+	Triple Jump	1135	M35	400m Hurdles
0900	M30-69	Weight Throw	1145	M60+	300m Hurdles
0900	W60+	Discus	1145	W30+	Weight Throw
0915	M30-54	5000m	1150	M70+	Discus
1000	W30+	200m	1155	W30-54	60m
1000	M70+	Shot	1200	W55+	60m
1005	M30-44	200m	1205	M30-44	60m
1010	M45	200m	1210	M45	60m
1015	M50-59	200m	1215	M50-59	60m
1020	M60	200m	1220	M60	60m
1025	M65+	200m	1225	M65	60m
1025	M30-59	Discus	1230	M70+	60m
1035	W30+	1500m walk			
1035	M30+	1500m walk			