

TIMETABLE OF EVENTS – Part 1

Sunday 2 March

5000m

7:30am	W40+	5000m
7:30am	M80+	5000m
8:45am	M60-79	5000m
9:40am	M35-59	5000m

Pentathlons

W30+		M30+
8.30am	100m	8.45am Long Jump
8.45am	Shot	9.30am Javelin
9.15am	Long Jump	10:40am 200m
10.00am	Javelin	10:50am Discus
11.00am	800m	11:30am 1500m

High Jump

12.00pm	W40+	High Jump
12.00pm	M30+	High Jump

Note the bar will not be raised to 1.20m before 12.45pm

Throws Pentathlons

W30+		M30+
1.00pm	Hammer	1.40pm Hammer
1.40pm	Shot	2.20pm Shot
2.20pm	Discus	3.00pm Discus
3.00pm	Javelin	3.40pm Javelin
3.40pm	Weight	4.20pm Weight

Thursday 13 March

Hurdles

6.00pm	W30	400m Hurdles
6.00pm	M40	400m Hurdles
6.05pm	M30	400m Hurdles
6.15pm	W50-59	300m Hurdles
6.20pm	M60-69	300m Hurdles

10,000m

7.00pm	W40+	10,000m
7.00pm	M30+	10,000m