

Thursday 19

event no	time	event	age gp
1	6.10	400m hurdles	W30
2	6.10	400m hurdles	M40
3	6.25	300m hurdles	W50-59
4	6.30	300m hurdles	M65+
5	6.45	10000m	W35+
6	6.45	10000m	M30+

Sunday 22

event no	time	event	age gp	
7	7.45	5000m	M60+	
8	8.45	pentathlon	W30+	start time
9	9.00	pentathlon	M45+	start time
10	9.00	5000m	W30+	
11	9.45	5000m	M30-59	
12	12.00	Throws pentathlon	W30+	start time
	12.00	HJ warm up for gp 1		
13	12.15	HJ gp 1 starting ht = 0.82m		
14	12.45	Throws pentathlon	M45+	start time
	1.15	HJ warm up for gp 2		
15	1.30	HJ gp 2 starting ht = 1.3m		

High Jump W30+ and M40+ combined

Thursday 26

event no	time	event	age gp
16	6.45	3000m s/c	M45-59
17	7.15	2000m s/c	W45+
18	7.40	2000m s/c	M60+

Saturday 28

event no	time	event	age gp
19	8.00	5000m walk	W55+
20	8.00	5000m walk	M60+
21	8.00	Long Jump	W35-79
22	8.00	Javelin	M35-59
23	8.30	Weight	W45-69
24	9.15	Long Jump	M65+
25	9.15	400m	W60+
26	9.20	400m	W40-59
27	9.25	400m	W30-39
28	9.30	Weight	W70+
29	9.30	Hammer	M45+
30	9.30	400m	M30-39
31	9.35	400m	M40-49
32	9.40	Javelin	W40-69

33	9.40	400m	M50
34	9.45	400m	M55
35	9.50	400m	M60-69
36	9.55	400m	M70+
37	10.20	110m hurdles	M40-49
38	10.30	100m hurdles	M60-69
39	10.30	Hammer	W50-69
40	10.30	Javelin	W70+
41	10.30	Long Jump	M35-59
42	10.40	100m hurdles	M50
43	10.40	100m hurdles	W30
44	10.40	Javelin	M60+
45	10.50	80m hurdles	W45-59
46	11.00	1500m	W30+
47	11.15	1500m	M60+
48	11.35	1500m	M35-59
49	11.45	Hammer	W75+
50	11.45	Weight	M45+
51	12.15	100m	W80+
52	12.15	100m	M80+
53	12.20	100m	W60-79
54	12.25	100m	W50-59
55	12.30	100m	W30-49
56	12.30	Long Jump	W80+
57	12.35	100m	M70-79
58	12.40	100m	M60-69
59	12.45	100m	M50-59
60	12.50	100m	M40-49
61	12.55	100m	M30-39

Sunday 29

event no	time	event	age gp
62	8.00	Discus	M60+
63	8.00	Shot	M35-59
64	8.00	200m	W65+
65	8.05	200m	W55-64
66	8.10	200m	W40-54
67	8.15	200m	W30-39
68	8.15	Triple Jump	W75+
69	8.30	200m	M70+
70	8.35	200m	M60-69
71	8.40	200m	M55
72	8.40	Triple Jump	W35-59
73	8.45	200m	M50
74	8.50	200m	M40-49
75	8.55	200m	M30-39
76	9.15	Shot	W65+

77	9.15	3000m walk	W55+
78	9.15	3000m walk	M60+
79	9.15	Triple Jump	M35+
80	9.15	Discus	W30-64
81	10.15	Shot	M60+
82	10.30	Discus	W65+
83	10.30	800m	W50+
84	10.40	800m	W30-49
85	10.50	800m	M70+
86	11.00	800m	M60-69
87	11.10	800m	M50-59
88	11.15	800m	M30-49
89	11.15	Shot	W30-64
90	11.30	Discus	M35-59
91	11.30	1500m walk	W55+
92	11.30	1500m walk	M50+
93	11.55	60m	W65+
94	12.00	60m	W50-64
95	12.05	60m	W30-49
96	12.10	60m	M80+
97	12.15	60m	M65-79
98	12.20	60m	M55-64
99	12.25	60m	M40-54
100	12.30	60m	M30-39