

You must register for your events 30 minutes before the scheduled start time

For events listed without a time you must call 0419 900 355 at least 2hrs before scheduled program start to organise

Program A	Men	Women	Program C	Men	Women
6.30 pm	400m		6.30 pm	100m	
6.30 pm	Javelin	Javelin	6.35 pm		100m
6.35 pm		400m	6.35 pm	Hammer	Hammer
6.40 pm	Triple Jump	Triple Jump	6.40 pm	High Jump	High Jump
6.45 pm	1500m		6.45 pm	1500m	
6.50 pm		1500m	6.50 pm		1500m
7.00 pm	100m		7.00 pm	Javelin	Javelin
7.05 pm		100m	7.00 pm	60m	
7.15 pm	High Jump	High Jump	7.05 pm		60m
7.15 pm	3000m	3000m	7.10 pm	Triple Jump	Triple Jump
7.20 pm	Hammer	Hammer	7.10 pm	3000/5000m	3000/5000m
7.35 pm	200m		7.35 pm	400m	
7.40 pm		200m	7.40 pm		400m
7.45 pm	Relay	Relay	7.45 pm	Relay	Relay
	Sprint Hurdles	Sprint Hurdles		Sprint Hurdles	Sprint Hurdles
	Steeple	Steeple		Steeple	Steeple
				Walks	Walks
Program B	Men	Women	Program D	Men	Women
6.30 pm	200m		6.30 pm	800m	
6.35 pm		200m	6.35 pm		800m
6.40 pm	Shot Put	Shot Put	6.40 pm	Discus	Discus
6.40 pm	Long Jump	Long Jump	6.40 pm	Long Jump	Long Jump
6.40pm	800m		6.45 pm	60m	
6.45 pm		800m	6.50 pm		60m
6.50 pm	60m		7.00 pm	4x100m Relay	4x100m Relay
6.55 pm		60m	7.10 pm	Mile/ 1500m	Mile / 1500m
7.00 pm	5000m	5000m	7.15 pm	Shot Put	Shot Put
7.05 pm	Discus	Discus	7.30 pm	200m	
7.30 pm	100m		7.35 pm		200m
7.35 pm		100m			
7.40 pm	4x400m Relay	4x400m Relay			
	Pole Vault	Pole Vault		Circular Hurdles	Circular Hurdles
	Circular Hurdles	Circular Hurdles		Pole Vault	Pole Vault
	Walks	Walks			

** You must call or text to 0419 900 355 prior to 4.30pm if you wish to compete in the Steeple to allow for filling of the water jump

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