

## You must register for your events 30 minutes before the scheduled start time ##  
If you wish to compete in hurdles text or call 0419 900 355 by 3.00pm

All field events will be a maximum of 3 trials [excluding High Jump and Pole Vault]  
If enough officials are not available the event wont go ahead

Program A

Men	Women	Twilight
3.30 Pole Vault	Pole Vault	6.00
3.45 Shot Put	Shot Put	6.15
4.00 Sprint Hurdles	Sprint Hurdles	6.30
4.10 400m		6.40
4.10 Discus	Triple Jump	6.40
4.15	400m	6.45
4.25 3000m	3000m	6.55
4.45 Triple Jump	Discus	7.15
4.50 100m		7.20
4.55	100m	7.25
5.05 800m		7.35
5.10	800m	7.40
5.15 Long Jump	Long Jump	7.45
5.15 Hammer	Hammer	7.45
5.20 4x200 Relay	4x200 Relay	7.50
5.30 Walks	Walks	8.00

Program B

Men	Women	
4.00 Circular Hurdles	Circular Hurdles	6.15
4.00 Discus	Javelin	6.30
4.10 High Jump {1.50 start}	High Jump {1.50 start}	6.40
4.15 Triple Jump	Triple Jump	6.45
4.15 800m		6.45
4.20	800m	6.50
4.30 100m		7.00
4.35	100m	7.05
4.45 Javelin	Discus	7.15
4.45 Steeple {76.2cm}	Steeple {76.2cm}	7.15
5.00 High Jump {low start}	High Jump {low start}	7.30
5.10 200m		7.40
5.15	200m	7.45
5.25 1500m		7.55
5.30	1500m	8.00
5.40 4x400 Relay	4x400 Relay	8.10

\*\* You must call or text to 0419 900 355 prior to 4.00pm if you wish to compete in the Steeple to allow for filling of the water jump

Program C

Men	Women	
3.30 Hammer	Hammer	6.00
3.30 Pole Vault	Pole Vault	6.00
3.45 Sprint Hurdles	Sprint Hurdles	6.15
4.00 Circular Hurdles	Circular Hurdles	6.30
4.05 Long Jump		6.35
4.15 Javelin	Shot Put	6.45
4.15 200m		6.45
4.20	200m	6.50
4.25 1500m		6.55
4.30	1500m	7.00
4.40 4x100m Relay	4x100 Relay	7.10
4.45 Shot Put	Long Jump	7.15
4.45	Javelin	7.15
4.55 60m		7.25
5.00 High Jump	High Jump	7.30
5.00	60m	7.30
5.05 400m		7.35
5.10	400m	7.40
5.20 5000m	5000m	7.50