

Program A

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

** If you wish to compete in Steeple or hurdles text or call 0419 900 355 by 1.00pm

In all field events top six will be eligible for an extra trial (excluding High Jump & Pole Vault)

If there aren't enough officials the event will not go ahead. Please volunteer!!

Time	Men	Women
3.00pm	Steeple (91.4cm)**	
3.00pm	Hammer	Hammer
3.20pm	Sprint Hurdles **	Sprint Hurdles **
3.40pm	Circular Hurdles **	Circular Hurdles **
3.40pm	Long Jump	Long Jump
3.50pm	200m	
3.55pm		200m
4.05pm	1500m	
4.10pm		1500m
4.20pm	4x100m Relay	4x100m Relay
4.25pm	Shot Put	Shot Put
4.35pm	60m	
4.40pm		60m
4.50pm	400m	
4.55pm		400m
5.00pm	5000m	5000m

Program B

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Time	Men	Women
3.00pm	Circular Hurdles **	Circular Hurdles **
3.00pm		Javelin
3.10pm	Pole Vault	Pole Vault
3.20pm	800m	
3.25pm		800m
3.40pm	100m	
3.45pm		100m
3.45pm	Javelin	
3.55pm	Steeple (76.2cm)**	Steeple (76.2cm)**
4.15pm	200m	
4.20pm	Triple Jump	200m
4.25pm	Triple Jump	Triple Jump
4.35pm	1500m	
4.40pm		1500m
4.50pm	4x400m Relay	4x400m Relay

Program C

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Time	Men	Women
3.00pm	Steeple (83.8cm) **	
3.20pm	Sprint Hurdles **	Sprint Hurdles **
3.30pm	High Jump	High Jump
3.35pm	400m	
3.40pm		400m
3.50pm	3000m	3000m
4.15pm	Discus	Discus
4.20pm	100m	
4.25pm		100m
4.35pm	800m	
4.40pm		800m
4.50pm	4x200m Relay	4x200m Relay
5.00pm	Walks	Walks

Program A Twilight

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

If you wish to compete in Steeple or hurdles, text or call 0419 900 355 by 5.00pm
In all field events top six will be eligible for an extra trial (excluding High Jump & Pole Vault)
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Time	Men	Women
6.00pm	Steeple (91.4cm)**	
6.00pm	Hammer	Hammer
6.15pm	Sprint Hurdles	Sprint Hurdles
6.30pm	Circular Hurdles	Circular Hurdles
6.35pm	Long Jump	Long Jump
6.45pm	200m	
6.50pm		200m
6.55pm	1500m	
7.00pm		1500m
7.10pm	4x100m Relay	4x100m Relay
7.15pm	Shot Put	Shot Put
7.25pm	60m	
7.30pm		60m
7.35pm	400m	
7.40pm		400m
7.50pm	5000m	5000m

Program B Twilight

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Time	Men	Women
6.30pm	Circular Hurdles	Circular Hurdles
6.30pm		Javelin
6.40pm	Pole Vault	Pole Vault
6.45pm	800m	
6.50pm		800m
7.00pm	100m	
7.05pm		100m
7.15pm	Javelin	
7.15pm	Steeple (76.2cm)**	Steeple (76.2cm)**
7.40pm	200m	
7.45pm	Triple Jump	Triple Jump
7.45pm		200m
7.55pm	1500m	
8.00pm		1500m
8.10pm	4x400m Relay	4x400m Relay

Program C Twilight

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6.45pm	High Jump	High Jump
6.45pm		400m
6.55pm	3000m	3000m
7.15pm	Discus	Discus
7.20pm	100m	
7.25pm		100m
7.35pm	800m	
7.40pm		800m
7.50pm	4x200m Relay	4x200m Relay
8.05pm	Walks	Walks