

2019 Timetable Two All Division

Field Events

Warm up (min)	Time		Event Finish
25	10.30	Hammer - Men	11.05
30	11.15	Long Jump - Women	12.00
25	11.35	Hammer - Women	12.10
55	11.45	Pole Vault - Women	13.25
25	12.30	Shot - Men	13.00
30	12.50	Javelin - Women	13.35
30	12.55	Long Jump - Men	13.40
40	13.45	High Jump - Men	15.10
25	14.15	Triple Jump - Women	15.00
30	14.15	Javelin - Men	15.00
25	14.20	Shot - Women	14.50
55	14.30	Pole Vault - Men	16.10
25	15.30	Discus - Women	16.05
40	15.30	High Jump - Women	16.55
25	15.50	Triple Jump - Men	16.35
25	17.35	Discus - Men	18.10

Track Events

TIME	TRACK
12.20	400m Hurdles - Women
12.30	400m Hurdles - Men
12.45	800m - Women
12.55	800m - Men
13.05	200m - Women
13.15	200m - Men
13.20	2000m SC - Men Match 1 & 3 3000m SC - Men match 2 & 4
13.40	100m Hurdles - Women
13.50	3000m - Women
14.10	110m Hurdles - Men
14.20	400m - Women
14.30	400m - Men
14.40	1500m - Women
14.50	1500m - Men
15.00	100m - Women
15.10	100m - Men
15.20	100m (Non-scoring)
16.10	5000m - Men Match 1 & 3 3000m - Men Match 2 & 4
16.30	4 x 100m Relay - Women
16.40	4 x 100m Relay - Men
16.50	4 x 400m Relay - Women
17.00	4 x 400m Relay - Men

2019 Timetable Two All Division

All Events

TIME	TRACK	FIELD
10.30		Hammer (M)
11.15		Long Jump (W)
11.35		Hammer (W)
11.45		Pole Vault (W)
12.20	400m Hurdles (W)	
12.30	400m Hurdles (M)	Shot (M)
12.45	800m (W)	Javelin (W)
12.55	800m (M)	Long Jump (M)
13.05	200m (W)	
13.15	200m (M)	
13.20	2000m/3000m S/C (M)	
13.40	100m Hurdles (W)	
13.45		High Jump (M)
13.50	3000m (W)	
14.00		Triple Jump (W)
14.10	110m Hurdles (M)	
14.15		Javelin (M)
14.20	400m (W)	Shot (W)
14.30	400m (M)	Pole Vault (M)
14.40	1500m (W)	
14.50	1500m (M)	
15.00	100m (W)	
15.10	100m (M)	
15.20	100m (Non-scoring)	
15.30		High Jump (W) Discus (W)
15.50		Triple Jump (M)
16.10	5000m/3000m (M)	
16.30	4 x 100m Relay (W)	
16.40	4 x 100m Relay (M)	
16.50	4 x 400m Relay (W)	
17.00	4 x 400m Relay (M)	
17.35		Discus (M)