

Track

10.00	200 hurdles	W35
10.10	200 hurdles	M35
10.20	2k Walk	W35 & W50
10.45	2k Walk	M35 & M50
11.10	800m	W35
11.20	800m	W60
11.30	800m	M40
11.40	800m	M50
11.50	100m	W35
12.00	100m	W50
12.10	100m	W60
12.20	100m	W70
12.30	100m	M40
12.40	100m	M50
12.50	100m	M60
13.00	100m	M70
13.10	3000m	W40
13.25	3000m	W50
13.45	3000m	M35
14.00	3000m	M60
14.20	4 x 100	W one W50+
14.30	4 x 100	M one M50+
14.40	400m	W40
14.50	400m	W50
15.00	400m	M40
15.10	400m	M60
15.20	1500m	W40
15.30	1500m	W60
15.45	1500m	M35
15.55	1500m	M50
16.05	200m	W40
16.15	200m	W60
16.25	200m	W70
16.35	200m	M35
16.45	200m	M50
16.55	200m	M70
17.05	4 X 400	W one W50+
17.20	4 X 400	M one M50+

Field

10.00	Hammer	m50
10.30	Pole Vault	m35 & w35
10.30	S/P	M70+W70
10.45	H/J	m35
10.55	Hammer	w50
11.00	L/J	w35
11.50	j/t	m35
12.00	L/J	m60
12.00	S/P	m50
12.15	H/J	w35
12.45	j/t	w60
13.00	L/J	m35
13.00	lj	w70
13.00	S/P	m35
13.40	J/T	w35
14.00	S/P	w50
14.00	T/J	m50
14.00	lj	m70
15.00	S/P	w35
14.35	J/T	m60
15.00	T/J	w50
15.30	DT	m50
15.30	L/J	w60
16.20	DT	w60
16.20	T/J	m60&w60