Program B	Men	Women
3.00 pm	200m	
3.05 pm		200m
3.10 pm	Shot Put	Shot Put
3.10 pm	Long Jump Pool A	Long Jump Pool A
3.15 pm	800m	800m
3.20 pm	60m	
3.25 pm		60m
3.30 pm	5000m	5000m
3.35 pm	Discus	Discus
3.45 pm	Long Jump Pool B	Long Jump Pool B
4.00 pm	100m	
4.05 pm		100m
4.10 pm	4x400m Relay	4x400m Relay
	Pole Vault	Pole Vault
	Sprint Hurdles	Sprint Hurdles
	Steeple Chase	Steeple Chase

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

** You must call or text to 0419 900 355 prior to 1.00pm if you wish to compete in the Steeple to allow for filling of the water jump

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