

## SUBJECT TO SOME CHANGE ONCE ENTRIES CLOSE

Friday		Sunday	
1.00	Pentathlon Men	8.00	Heavy Weight Men Group 1
2.00	Pentathlon Women	8.30	Heavy Weight Men Group 2
6.30	Masters Mile Women	8.30	Long Jump Women Group 1
6.40	Masters Mile Men	9.00	100m Men
<b>Saturday</b>		9.05	Heavy Weight Men Group 3
9.00	800m Men	9.15	100m Women
9.10	Shot Men Group 1	9.40	Discus Men Group 1
9.15	800m Women	9.40	1500m Women
9.25	High Jump Women	10.00	Heavy Weight Women Group 1
9.40	Shot Men Group 2	10.10	Discus Men Group 2
10.05	3km Walk Men/Women	10.35	1500m Men
10.20	High Jump Men	10.45	Discus Men Group 3
10.35	60m Women	10.50	400m Women
10.45	Javelin Women Group 1	11.05	Discus Women Group 1
10.50	200m Men	11.05	Long Jump Women Group 2
11.05	Shot Men Group 3	11.05	400m Men
11.20	Triple Jump Women	11.35	Long Jump Men Group 1
11.35	Javelin Men Group 1	11.35	Discus Women Group 2
12.05-12.45	Lunch/Medals	12.05-12.45	Lunch/Medals
12.45	3000m Men/Women	12.45	1500m Walk Men
1.15	200m Women	1.00	Long Jump Men Group 2
1.30	60m Men	1.00	1500m Walk Women
1.30	Shot Women Group 1	1.15	Heavy Weight Women Group 2
1.30	Javelin Women Group 2	1.15	Discus Women Group 3
2.00	Javelin Men Group 2	1.45	Medals
2.15	Shot Women Group 2	2.30	10km Road Run & Walk - All Men/women
2.30	Javelin Men Group 3	4.00	Medals
2.45	Shot Women Group 3		
3.00	Javelin Women Group 3		
3.00	Triple Jump Men		
3.30	Medals		
4.15	5km Road Walk		
5	5km Road Run		
5.15	Medals		

Attempts in the jumps and throws may have to be limited to 5 or 4, depending on the number of entries.