

| Time | Events | Time | Events | Time | Events |
|-------|---------------------------------|-------|-----------------|-------|--------|
| 8.15 | Pole Vault | | | | |
| 9.30 | 60m (Masters) | | | | |
| 9.35 | 70m | | | | |
| 9.50 | 100 yrd | | | | |
| 10.05 | 100m Hurd (Mens) | 10.05 | 110m Hurd | | |
| 10.25 | 50m | | | | |
| 10.20 | Hammer/Discus | 10.20 | Triple Jump | | |
| 10.50 | Javelin | | | | |
| 11.05 | High Jump (7yrs) | | | | |
| 11.20 | 100m Hurd (Womens + extra Mens) | | | | |
| 11.30 | 145m | | | | |
| 11.45 | 3000m | 11.45 | 1500m/800m Walk | 11.45 | 1 Mile |
| 12.20 | 80m Hurd | 12.20 | 80m (8yrs) | | |
| 12.30 | Shot | | | | |
| 12.45 | 200m Hurd | 12.45 | 200m | | |
| 1.00 | 400m | 1.00 | 400m Hurd | | |
| 1.10 | 80m (Masters) | | | | |
| 1.20 | 700m Walk | 1.20 | 1500m Walk | 1.20 | 1000m |

Please note that event times are only approximate and subject to change