

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