

Friday	Junior Men	Junior Women	Int. Men	Int. Women	Senior Men	Senior Women
9:00	3000M/PV			High Jump		
9:10	Long Jump					
9:20		3000M/TJ	Shot Put			
9:50			3000M			
10:00					Javelin	
10:10				3000M		
10:30					3000M	Discus
10:45						3000M
11:00	200/Heats		Pole Vault			
11:08		200/Heats				
11:16			200/Heats			
11:20						Long Jump
11:24				200/Heats		
11:30		Shot Put			200/Heats/TJ	
11:40			High Jump			200/Heats
11:48		80 M Hurdle. Heats				
11:56				80 M Hurdle Heats		
12:00				Javelin		
12:04						80M Hurdle Heats
12:12	100 M Hur. Heats					
12:20			100 M Hurdle Heats			
12:30	Discus				100m Hurdle Heats	
LUNCH BREAK						
1:00			Demonstration Paralympic Seated Throws/Standing Throws (Shot Put)			
1:30	800M Final				Pole Vault	
1:38		800M Final				
1:46			800M Final			
1:54				800M Final		
2:02					800M Final	
2:05	Triple Jump					
2:10						800M Final
2:15				Long Jump		High Jump
2:20					100M Hurdle Final	
2:30			100M Hurdle Final			
2:35	100M Hurdle Final					
2:40						80M Hurdle Final
2:45		Javelin		80 M Hurdle Final		
2:50		80 M Hurdle Final				
2:55	200M Final					
3:00		200M Final			Shot Put	
3:05			200M Final			
3:10			PARA/Wheelchair/Intellectual 200m OPEN Final			
3:20				200M Final		
3:30			Discus			

3:35					200M Final	
3:45						200M Final
3:55	4x100 Heats					
4:05		4x100 Heats				
4:15			4x100 Heats			
4:25				4x100 Heats		
4:30					4x100 Heats	
4:35						4x100 Heats
4:45	4x400 Open		4x400 Open		4x400 Open	
5:00		4x400 Open		4x400 Open		4x400 Open