

Saturday	Junior Men	Junior Women	Int. Men	Int. Women	Senior Men	Senior Women
9:00		LJ/PV/Pent 100m		Pent 100m	High Jump	Pent 100m
9:05	400 m Heats					
9:15		400 m Heats				
9:20				Discus		
9:25			400 m Heats			
9:30			Triple Jump			
9:35				400 m Heats		
9:45					400 m Heats	
9:50	Shot Put					
9:55						400 m Heats
10:00	Pent 100m		Jav/Pent 100m		Pent 100m	
10:05						
10:10						
10:15	100 m Heats					
10:20		Pent High Jump		Pent High Jump		Pent High Jump
10:25		100 m Heats				
10:35			100 m Heats			
10:45				100 m Heats	Long Jump	
10:55					100 m Heats	
11:00						100 m Heats
11:05				Pole Vault		
11:10		Pent Shot Put		Pent Shot Put		Pent Shot Put
11:15	1500 m					
11:20	Pent High Jump		Pent High Jump		Pent High Jump	
11:25		1500 m		Triple Jump		
11:30						
11:35			1500 m		Discus	
11:50		Pent Long Jump		Pent Long Jump		Pent Long Jump
11:45				1500 m		
11:55					1500 m	
12:00						
12:05	Javelin					1500 m
12:30			LUNCH BREAK			
12:45	Pent Shot Put		Pent Shot Put		Pent Shot Put	
12:50		300m Hurdles		300m Hurdles		300m Hurdles
1:00	High Jump					Pole Vault
1:05						
1:10	300m Hurdles		300m Hurdles		300m Hurdles	
1:15						Shot Put
1:30	100m Fin/Pent LJ	Discus	Pent Long Jump		Pent Long Jump	Triple Jump
1:35		100 m Finals				
1:40			100 m Finals			
1:45			AMBULATORY PARA 100 m OPEN FINAL			
1:55			WHEELCHAIR 100 m OPEN FINAL			
2:00						
2:05						
2:10				Shot Put		
2:15		High Jump		100 m Finals		Javelin
2:20					100 m Finals	
2:25			Long Jump			100 m Finals
2:35		800 m Pent		800 m Pent		800 m Pent

<b>2:45</b>						
<b>2:50</b>	400 m Final					
<b>2:55</b>		400 m Final				
<b>3:00</b>			400 m Final			
<b>3:05</b>				400 m Final		
<b>3:10</b>					400 m Final	
<b>3:15</b>						400 m Final
<b>3:20</b>	800 m Pent		800 m Pent		800 m Pent	
<b>3:30</b>	4 x 100 m Final					
<b>3:35</b>		4 x 100 m Final				
<b>3:40</b>			4 x 100 m Final			
<b>3:45</b>				4 x 100 m Final		
<b>3:50</b>					4 x 100 m Final	
<b>3:55</b>						4 x 100 m Final