

## REVISED TIMETABLE 22/03/19

27th April DAY 1				Saturday					
Session 1				9.00am-3.00pm					
Track		Field		Presentations					
Time	Event	Time	Event	Time	Event	Time	Event		
9.00am	100m	heat 1	M	9.00am	SHOT PUT (seated)	FINAL	F	13:00	HAMMER M
9.05am	100m	heat 2	M	10.00am	HAMMER	FINAL	M	13:00	SHOT PUT SEATED F
9.10am	100m	heat 3	M	11.30am	SHOT PUT m/c	FINAL	F	13:00	SHOT PUT m/c F
9.20am	100m m/c	heat 1	F						
9.25am	100m m/c	heat 2	F						
9.30am	100m m/c	heat 3	F						
9.35am	100m m/c	heat 4	F						
9.45am	100m m/c	heat 1	M						
9.50am	100m m/c	heat 2	M						
9.55am	100m m/c	heat 3	M						
10.00am	100m m/c	heat 4	M						
10.05am	100m m/c	heat 5	M						
11.15am	400m	heat 1	F						
11.20am	400m	heat 2	F						
11.25am	400m	heat 1	M						
11.30am	400m	heat 2	M						
12.00am	400m m/c	heat 1	F						
12:10pm	400m m/c	heat 2	F						
12:20pm	400m m/c	heat 1	M						
12:30pm	400m m/c	heat 2	M						

Session 2				Saturday					
Track				Field				Presentations	
5.00pm - 9.00pm									
Time	Event	Time	Event	Time	Event	Time	Event		
5:00pm	3000m Steeple	FINAL	F	5.00pm	JAVELIN	FINAL	M	6:30pm	3000m Steeple F
5:30pm	3000m Steeple	FINAL	M	5.00pm	LONG JUMP m/c	FINAL	F	6:30pm	3000m Steeple M
6.00pm	100m	FINAL	F	6.30pm	JAVELIN m/c	FINAL	M	6:35pm	Javelin M
6.05pm	100m m/c	FINAL	F	6.30pm	LONG JUMP	FINAL	F	6:40pm	Long Jump m/c F
6.10pm	100m (wheelchair)	FINAL	F	7.30pm	TRIPLE JUMP m/c	FINAL	M	7:25pm	100m F
6.15pm	100m (wheelchair)	FINAL	M	7.30pm	TRIPLE JUMP	FINAL	M	7:30pm	100m F m/c
6.20pm	100m m/c	FINAL	M	7.30pm	JAVELIN (seated)	FINAL	M	7:35pm	100m F Wheelchair
6.25pm	100m	FINAL	M					8:10pm	100m M Wheelchair
6.45pm	400m	FINAL	F					8:15pm	100m M m/c
6.50pm	400m m/c	FINAL	F					8:20pm	100m M
7.00pm	400m (wheelchair)	FINAL	M					8:25pm	400m W
7.10pm	400m m/c	FINAL	M					8:30pm	400m F m/c
7.20pm	400m	FINAL	M					8:35pm	400m M m/c
7.45pm	4X100 RELAY	FINAL	F					8:40pm	400m M wheelchair
8.00pm	4X100 RELAY	FINAL	M					8:45pm	400m M
								8:50pm	Javelin M m/c
								8:55pm	Long Jump F
								9:00pm	Triple Jump M m/c
								9:05pm	Triple Jump M
								9:10pm	Javelin M seated
								9:15pm	4x100m F
								9:20pm	4x100m M

28th April DAY 2				Sunday					
Session 3 8.00am - 3.00pm								Presentations	
Track				Field					
Time	Event			Time	Event			Time	Event
8:00am	10,000m (mc + U20)	FINAL	M	9:00am	HAMMER	FINAL	F	9:30am	10000m M and M m/c
8:00am	10,000m (mc + U20)	FINAL	F	9:00am	SHOT PUT (seated)	FINAL	M	9:40am	10000m W
10:00am	200m (mc)	heat 1	F	10.30am	SHOT PUT m/c	FINAL	M	10:30am	Hammer F
10:05am	200m (mc)	heat 2	F	10.30am	SHOT PUT	FINAL	M	12:00pm	Shot Put M m/c
10:10am	200m (mc)	heat 3	F					12:15pm	Shot Put M
10:15am	200m (mc)	heat 1	M					12:30pm	Shot Put M seated
10:20am	200m (mc)	heat 2	M						
10:25am	200m (mc)	heat 3	M						
10:30am	200m (mc)	heat 4	M						
10:35am	200m	heat 1	F						
10:40am	200m	heat 2	F						
10:45am	200m	heat 1	M						
10:50am	200m	heat 2	M						
10:55am	200m	heat 3	M						
11:00am	200m	heat 4	M						

Session 4 5.00pm - 9.00pm				Sunday					
Track				Field				Presentations	
Time	Event			Time	Event			Time	Event
6.00pm	200m Wheelchair	FINAL	M	4.45pm	JAVELIN	FINAL	F	5:40pm	Javelin F
6.10pm	200m	FINAL	F	4.45pm	LONG JUMP	FINAL	M	5:45pm	Long Jump M
6.20pm	200m	FINAL	M	5.10pm	JAVELIN m/c	FINAL	F	7:00pm	200m Wheelchair M
6.30pm	200m m/c	FINAL	F	5.30pm	LONG JUMP m/c	FINAL	M	7:05pm	200m F
6.40pm	200m m/c	FINAL	M	7.30pm	TRIPLE JUMP m/c	FINAL	F	7:10pm	200m M
6.50pm	1500m (mc)	FINAL	F	7.30pm	TRIPLE JUMP	FINAL	F	7.20pm	200m m/c F
7.05pm	1500m (mc)	FINAL	M	7.30pm	JAVELIN (seated)	FINAL	F	7.30pm	200m m/c M
7.20pm	1500m	FINAL	F					7:40pm	Javelin F m/c
7.30pm	1500m	FINAL	M					7:45pm	Long Jump M m/c
7.45pm	Hybrid Relay	FINAL	F					7:50pm	1500m F m/c
8:00pm	Hybrid Relay	FINAL	M					7:55pm	1500m M m/c
8:15pm	100 Hurdles	FINAL	F					8:05pm	1500m F
8:30pm	110 Hurdles	FINAL	M					8:15pm	1500m M
								8:45pm	Hybrid Relay F
								8:50pm	Hybrid Relay M
								8:55pm	Triple Jump F m/c
								9:00pm	Triple Jump F
								9:05pm	Javelin F seated
								9:10pm	100m Hurdles F
								9:15pm	110m Hurdles M

29th April DAY 3				Monday							
Session 5 8.00am-1.00pm											
Track				Field				Presentations			
Time	Event			Time	Event			Time	Event		
8.00am	400m Hurdles	FINAL	F	8:00am	DISCUS seated	FINAL	F	10:00am	400m Hurdles	F	
8.20am	400m Hurdles	FINAL	M	9.00am	HIGH JUMP	FINAL	M	10:05am	400m Hurdles	M	
9.20am	4 x 400m	FINAL	F	9.30am	DISCUS	FINAL	F	10:10am	4x400m	F	
9.40am	4 x 400m	FINAL	M	9:30am	DISCUS m/c	FINAL	F	10:20am	4x400m	M	
								10:25am	Discus seated	F	
								10:30am	Discus F m/c		
								10:35am	High Jump	M	
								10:45am	Discus	F	

29th April DAY 3				Monday							
Session 6 5.00pm - 9.00pm											
Track				Field				Presentations			
Time	Event			Time	Event			Time	Event		
6.00pm	800m	FINAL	M	5.00pm	HIGH JUMP	FINAL	F	5:55pm	High Jump	F	
6.20pm	800m m/c	FINAL	F	5:00pm	HIGH JUMP m/c	FINAL	F	6:10pm	High Jump m/c	F	
6.40pm	800m	FINAL	F	5.00pm	DISCUS (seated)	FINAL	M	6:15pm	Discus seated	M	
6.50pm	800m (wheelchair)	FINAL	F	6.15pm	DISCUS m/c	FINAL	M	6:45pm	800m	M	
7.00pm	800m (wheelchair)	FINAL	M	7.30pm	DISCUS	FINAL	M	6:55pm	800m m/c	F	
7.10pm	800m m/c	FINAL	M					7:05pm	800m	F	
7.30pm	5000m (m/c + U20)	FINAL	M					7:35pm	800m Wheelchair	F	
8:05pm	5000m	FINAL	F					7:40pm	800m Wheelchair	M	
								7:45pm	800m m/c	M	
								8:00pm	Discus m/c	M	
								8:10pm	5000m	M	
								8:15pm	5000m m/c	M	
								8:20pm	Discus	M	
								5:50pm	5000m	F	
								8:30pm	Closing		