

Track Events

Event	Time
Womens 800m	11am
Mens 800m	11.15am
Walks	11.30am
Hurdles	11.50am
Womens 100m	12.10pm
Mens 100m	12.20pm
Mens 400m	12.30pm
Womens 1500m	12.45pm
Mens 1500m	1pm
Womens 200m	1.15pm
Mens 200m	1.30pm
Womens 3k	2pm
Mens 3k	2.30pm
Mens 5k	3pm

Field Events

Event	Time
Womens Hammer	11am
High Jump	11am
Javelin	11.45am
Long Jump	12pm
Mens Hammer	12pm
Womens Shot Put	12.30pm
Mens Shot Put	1.15pm
Pole Vault	1pm
Triple Jump	1.30pm
Discus	2pm
Weight for distance	3pm