Schedule Aug 22,2016 Subject to Corrections

Saturday August 27											
8:00	10k Road Race										
10:00	10k Road Race Walk										
Saturday August 27											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump A	Pole Vault	Shot Put A	Shot Put B	TJ	WT
08:00					W70+						
09:00	Dec 100m M35-59 (2)										
09:15						Dec M35-59					
09:30	Dec 100m M60+ (3)										
09:45											
10:00	Hep 80mH W40+		M35-59			Dec M60+		Dec M35-59			
10:15	Hep 100mH W35-39										
10:30				Hep							
10:45											
11:00								Dec M60+			
11:15				Dec M35-59		W35-54					
11:30			W60+								
11:45	800m final M35-44										
12:00	800m final M45-49							Hep			
12:10	800m final M50-54										
12:20	800m final M55-59										
12:30	800m final M60-64										
12:40	800m final M65-69										
13:00	800m final M70+		W35-59	Dec M60+		M55-59					
13:15											
13:30	400m Dec M35-59 (2)										
13:45	200m Hep										
14:00	800m final W35-44										
14:10	800m final W45-54										
14:15						M60-69					
14:20	800m final W55-59										
14:30	800m final W60-69		M60+								
14:40	800m final W70+										
14:45											
15:00	400m semi M40-44 (2)										
15:15	400m semi M50-54 (2)										
15:30	400m semi M55-59 (2)					M70+					
15:45	400m semi M60-64 (2)										
16:00	400m semi M65-69 (2)				W60-69						
16:15	400m Dec M60+ (3)										
16:30											
16:45											

Sunday August 28											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump A	Pole Vault	Shot Put A	Shot Put B	TJ	WT
08:00					M35-49						
08:30											
09:00	80mH W60+,M80+ Dec 80			W35-69		M35-44		M70+			
09:10	80mH W50-59 & M70-79 Dec 70				M50-59,M65-69						
09:20	80mH W40-49										
09:30	100mH Dec 65-69										
09:35	100mH M65-69										
09:40	100mh Dec 60-64										
09:45	100mH M60-64										
09:50	100mH Dec 50-59										
09:55	100mH M50-59										
10:00	110mH Dec 35-49										
10:05	110mH M45-49	Dec 60+									
10:10	110mH M35-44										
10:30				W70+							
10:45											
11:00	100 semi M35-39 (2)	Dec 35-59			M70+	Hep	Dec 60+	M50-59			
11:15	100 semi M40-44 (3)										
11:30	100 semi M45-49 (2)										
11:45	100 semi M50-54 (3)										
12:00	100 semi M55-59 (3)				Hep	M45-54			W35-54		
12:15	100 semi M60-64 (2)										
12:30	100 semi M65-69 (2)				M60-64						
12:45	100 semi M70-74 (2)										
13:00	800 Hep						Dec 35-59	M35-49			
13:15											
13:30	400m final M35-39				Dec 60+				W55-69		
13:35	400m final M40-44										
13:40	400m final M45-49										
13:45	400m final M50-54										
13:50	400m final M55-59										
13:55	400m final M60-64										
14:00	400m final M65-69					W55+					
14:05	400m final M70-74										
14:10	400m final M75+										

Sunday August 28											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump A	Pole Vault	Shot Put A	Shot Put B	TJ	WT
14:15											
14:30	400m final W35-44							M60-69			
14:35	400m final W45-49										
14:40	400m final W50-54										
14:45	400m final W55-59										
14:50	400m final W60-69										
14:55	400m final W70+										
15:00					Dec 35-59				W70+		
15:15											
15:30	Dec 1500 M60+										
15:40	1500 M35-49				W35-54						
15:50	1500 M50-54										
16:00	1500 M55-59										
16:10	1500 M60-64										
16:20	1500 M65+										
16:30	Dec 1500 M35-59										
16:40	1500 W35-54				W55-59						
16:50	1500 W55-64										
17:00	1500 W65+										
18:00											

Monday August 29											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump A	Pole Vault	Shot Put A	Shot Put B	TJ	WT
09:00	5000 M35-59	M35-49									
09:15											
09:30											
09:45	5000 M60+										
10:00							M35-59			W35-59	
10:15		M50-59									
10:30	5000 W35+										
10:45											
11:00											
11:15	100m final M35-39										
11:20	100m final M40-44										
11:25	100m final M45-49										
11:30	100m final M50-54	M60-69								W60+	
11;35	100M final M55-59										
11:40	100m final M60-64										
11:45	100m final M65-69										
11:50	100m final M70-74										
11:55	100m final M75-79										
12:00	100m final M80+										
12:15											
12:30							M60+			M35-54	
12:45	100m final W35-39										
12:50	100m final W40-44										
12:55	100m final W45-49										
13:00	100m final W50-54	M70+									
13:05	100m final W55-59										
13:10	100m final W60-64										
13:15	100m final W65-69										
13:20	100m final W70-74										
13:25	100m final W75+										
13:30											
13:45										M55-59	
14:00	4x800 relay										
14:15											
14:30		W35-49									

Monday August 29											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump A	Pole Vault	Shot Put A	Shot Put B	TJ	WT
14:45											
15:00	200m semi M35-39 (2)						W35+				
15:15	200m semi M40-44 (2)									M60-64	
15:30	200m semi M50-54 (2)										
15:45	200m semi M55-59 (3)	W50-64									
16:00	200m semi M60-64 (2)										
16:15	200m semi M65-69 (2)										
16:30	200m semi M70-74 (2)										
16:45	200m semi W50-54 (2)									M70+	
17:00	5000 RW W35+	W65+									
18:00	5000 RW M35+										

Tuesday August 30											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump	Pole Vault	Shot Put	Shot Put B	TJ	WT
09:00	Steeple M35-59		W W pent	M35-49							
09:15											
09:30	Steeple M60+										
09:45			WP M35-64					W W pent			
10:00											
10:15											
10:30	Steeple W35+		WP M65+					WP M35-64			
10:45											
11:00				M50-59							
11:15		W W pent						WP M65+			
11:30											
11:45											
12:00	200mH M80+&W70+	WP M35-64									
12:10	300mH M70-79										
12:15	300mH W60-69										
12:30	300mH M65-69&W50-59										
12:45	300mH M60-64	WP M65+									
13:00	400mH W35-49			M60-69							
13:15	400mH M50-59										
13:30	400mH M45-49				W W pent						
13:40	400mH M40-44										
13:50	400mH M35-39										
14:00	200m final M80+										
14:05	200m final M75-79										
14:10	200m final M70-74										
14:15	200m final M65-69				WP M35-64						
14:20	200m final M60-64										
14:25	200m final M55-59										
14:30	200m final M50-54										
14:35	200m final M45-49										
14:40	200m final M40-44										
14:45	200m final M35-39										

Tuesday August 30											
	Track	Discus	Hammer	High Jump	Javelin	Long Jump	Pole Vault	Shot Put	Shot Put B	TJ	WT
15:00	200m final W75+			M70+	WP M65+						
15:05	200m final W70-74										
15:10	200m final W65-69										
15:15	200m final W60-64										
15:20	200m final W55-59										
15:25	200m final W50-54										
15:30	200m final W45-49										W W pent
15:35	200m final W40-44										
15:40	200m final W35-39										
15:45											
16:00	4x100 M35+										
16:15											WPM35-64
16:30	4x100 W35+										
16:45											
17:00	4x400 M35+										WP M65+
17:30	4x400 W35+										

Wednesday, August 31

07:00 Half Marathon