

Event No.	Event	Time		Cat
101	5000m Run	8.00am	Men	35 – 54
102	5000m Run	8.30am	Men	55 – 89
103	5000m Run	8.30am	Women	All Age Group
104	Pole Vault	9.00am	Men	All Age Group
105	200m	9.00am	Men	All Age Group
106	Shot Put	9.00am	Men	All Age Group
107	Discus	9.00am	Women	All Age Group
108	200m	9.30am	Women	All Age Group
<b>Medal Presentation</b>				
109	800m	10.00am	Men	All Age Group
110	800m	10.20am	Women	All Age Group
111	Long Jump	10.30am	Men	All Age Group
112	Long Jump	10.30am	Women	All Age Group
113	Discus	10.30am	Men	All Age Group
114	Javelin	11.00am	Women	All Age Group
115	High Jump	11.00am	Men	All Age Group
<b>Interval - Medal Presentation</b>				
116	100m	1.00pm	Women	All Age Group
117	100m	1.30pm	Men	All Age Group
118	1500m	2.00pm	Men	All Age Group
119	Javelin	2.00pm	Men	All Age Group
120	Shot Put	2.00pm	Women	All Age Group
121	5000m Walk	3.00pm	Women	All Age Group
122	5000m Walk	3.45pm	Men	All Age Group
124	400m	4.30pm	Women	All Age Group
125	400m	4.45pm	Men	All Age Group