

REVISED TIMETABLE 22/03/19

27th April DAY 1					Saturday						
Session 1					9.00am-3.00pm						
Track			Field		Field			Presentations			
Time	#	Event	Time	#	Event	Time	#	Event	Time	Event	
9.00am	#111	100m	heat 1	M	9.00am	101	SHOT PUT (seated)	FINAL	F	13:00	HAMMER M
		100m	heat 2	M	10.00am	100	HAMMER	FINAL	M	13:00	SHOT PUT SEATED F
		100m	heat 3	M	11.30am	102	SHOT PUT m/c	FINAL	F	13:00	SHOT PUT m/c F
9.20am	#112	100m m/c	heat 1	F							
		100m m/c	heat 2	F							
		100m m/c	heat 3	F							
		100m m/c	heat 4	F							
9.45am	#115	100m m/c	heat 1	M							
		100m m/c	heat 2	M							
		100m m/c	heat 3	M							
		100m m/c	heat 4	M							
		100m m/c	heat 5	M							
11.15am	#116	400m	heat 1	F							
		400m	heat 2	F							
11:25am	#117	400m	heat 1	M							
		400m	heat 2	M							
12:00am	#118	400m m/c	heat 1	F							
		400m m/c	heat 2	F							
12:20pm	#119	400m m/c	heat 1	M							
		400m m/c	heat 2	M							

Session 2					Saturday						
Track					5.00pm - 9.00pm						
Track			Field		Field			Presentations			
Time	#	Event	Time	#	Event	Time	#	Event	Time	Event	
5:00pm	#216	3000m Steeple	FINAL	F	5.00pm	#200	JAVELIN	FINAL	M	6:30pm	3000m Steeple F
5:30pm	#223	3000m Steeple	FINAL	M	5.00pm	#201	LONG JUMP m/c	FINAL	F	6:30pm	3000m Steeple M
6.00pm	#210	100m	FINAL	F	6.30pm	#202	JAVELIN m/c	FINAL	M	6:35pm	Javelin M
6.05pm	#214	100m m/c	FINAL	F	6.30pm	#203	LONG JUMP	FINAL	F	6:40pm	Long Jump m/c F
6.10pm	#212	100m (wheelchair)	FINAL	F	7.30pm	#204	TRIPLE JUMP m/c	FINAL	M	7:25pm	100m F
6.15pm	#213	100m (wheelchair)	FINAL	M	7.30pm	#206	TRIPLE JUMP	FINAL	M	7:30pm	100m F m/c
6.20pm	#215	100m m/c	FINAL	M	7.30pm	#205	JAVELIN (seated)	FINAL	M	7:35pm	100m F Wheelchair
6.25pm	#211	100m	FINAL	M						8:10pm	100m M Wheelchair
6.45pm	#217	400m	FINAL	F						8:15pm	100m M m/c
6.50pm	#221	400m m/c	FINAL	F						8:20pm	100m M
7.00pm	#220	400m (wheelchair)	FINAL	M						8:25pm	400m W
7.10pm	#222	400m m/c	FINAL	M						8:30pm	400m F m/c
7.20pm	#218	400m	FINAL	M						8:35pm	400m M m/c
7.45pm	#224	4X100 RELAY	FINAL	F						8:40pm	400m M wheelchair
8.00pm	#225	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											
Track			Field			Presentations					
Time	Event		Time	Event		Time	Event				
8:00am	#310	10,000m (mc + U20)	FINAL	M	9:00am	#300	HAMMER	FINAL	F	9:30am	10000m M and M m/c
8:00am	#311	10,000m (mc + U20)	FINAL	F	9:00am	#301	SHOT PUT (seated)	FINAL	M	9:40am	10000m W
10:00am	#314	200m (mc)	heat 1	F	10:30am	#302	SHOT PUT m/c	FINAL	M	10:30am	Hammer F
		200m (mc)	heat 2	F	10:30am	#303	SHOT PUT	FINAL	M	12:00pm	Shot Put M m/c
		200m (mc)	heat 3	F						12:15pm	Shot Put M
10:15am	#315	200m (mc)	heat 1	M						12:30pm	Shot Put M seated
		200m (mc)	heat 2	M							
		200m (mc)	heat 3	M							
		200m (mc)	heat 4	M							
10:35am		200m	heat 1	F							
		200m	heat 2	F							
10:45am	#319	200m	heat 1	M							
		200m	heat 2	M							
		200m	heat 3	M							
		200m	heat 4	M							

Session 4 5.00pm - 9.00pm					Sunday									
Track					Field					Presentations				
Time	Event		Time	Event		Time	Event							
6.00pm	#419	200m Wheelchair	FINAL	M	4.45pm	#400	JAVELIN	FINAL	F	5:40pm	Javelin F			
6.10pm	#420	200m	FINAL	F	4.45pm	#401	LONG JUMP	FINAL	M	5:45pm	Long Jump M			
6.20pm	#421	200m	FINAL	M	5.10pm	#402	JAVELIN m/c	FINAL	F	7:00pm	200m Wheelchair M			
6.30pm	#416	200m m/c	FINAL	F	5.30pm	#403	LONG JUMP m/c	FINAL	M	7:05pm	200m F			
6.40pm	#417	200m m/c	FINAL	M	7.30pm	#404	TRIPLE JUMP m/c	FINAL	F	7:10pm	200m M			
6.50pm	#410	1500m (mc)	FINAL	F	7.30pm	#406	TRIPLE JUMP	FINAL	F	7.20pm	200m m/c F			
7.05pm	#411	1500m (mc)	FINAL	M	7.30pm	#405	JAVELIN (seated)	FINAL	F	7.30pm	200m m/c M			
7.20pm	#414	1500m	FINAL	F						7:40pm	Javelin F m/c			
7.30pm	#415	1500m	FINAL	M						7:45pm	Long Jump M m/c			
7.45pm	#426	Hybrid Relay	FINAL	F						7:50pm	1500m F m/c			
8:00pm		Hybrid Relay	FINAL	M						7:55pm	1500m M m/c			
8:15pm	#422	100 Hurdles	FINAL	F						8:05pm	1500m F			
8:30pm	#423	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	#512	400m Hurdles	FINAL F	8:00am	#504	DISCUS seated	FINAL F	10:00am	400m Hurdles F
8.20am	#513	400m Hurdles	FINAL M	9.00am	#500	HIGH JUMP	FINAL M	10:05am	400m Hurdles M
9.20am	#520	4 x 400m	FINAL F	9.30am	#502	DISCUS	FINAL F	10:10am	4x400m F
9.40am	#521	4 x 400m	FINAL M	9:30am	#501	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	#610	800m	FINAL M	5.00pm	#600	HIGH JUMP	FINAL F	5:55pm	High Jump F
6.20pm	#611	800m m/c	FINAL F	5:00pm	#603	HIGH JUMP m/c	FINAL F	6:10pm	High Jump m/c F
6.40pm	#612	800m	FINAL F	5.00pm	#601	DISCUS (seated)	FINAL M	6:15pm	Discus seated M
6.50pm	#613	800m (wheelchair)	FINAL F	6.15pm	#602	DISCUS m/c	FINAL M	6:45pm	800m M
7.00pm	#614	800m (wheelchair)	FINAL M	7.30pm	#604	DISCUS	FINAL M	6:55pm	800m m/c F
7.10pm	#615	800m m/c	FINAL M					7:05pm	800m F
7.30pm	#616	5000m (m/c + U20)	FINAL M					7:35pm	800m Wheelchair F
8:05pm	#619	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