

REVISED TIMETABLE 26/04/19 @ 3.30pm

27th April DAY 1					Saturday						
Session 1					9.00am-3.00pm						
Track			Field		Track			Field		Presentations	
Time	#	Event	Time	#	Event	Time	#	Event	Time	Event	
9.00am	111	100m	heat 1	M	9.00am	100	SHOT PUT (seated)	FINAL	F	13:00	HAMMER M
		100m	heat 2	M	10.00am	101	HAMMER	FINAL	M	13:00	SHOT PUT SEATED F
		100m	heat 3	M	10.30am	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	113	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	114	400m	heat 1	F							
		400m	heat 2	F							
11:25am	115	400m	heat 1	M							
		400m	heat 2	M							
12:00am	0:00	400m m/c	heat 1	F							
		400m m/c	heat 2	F							
12:20pm	117	400m m/c	heat 1	M							
		400m m/c	heat 2	M							

Session 2					Saturday						
5.00pm - 9.00pm											
Track			Field		Track			Field		Presentations	
Time	#	Event	Time	#	Event	Time	#	Event	Time	Event	
5:00pm	210	3000m Steeple	FINAL	F	5.00pm	200	JAVELIN	FINAL	M	6:30pm	3000m Steeple F
5:30pm	211	3000m Steeple	FINAL	M	5.00pm	201	LONG JUMP m/c	FINAL	F	6:30pm	3000m Steeple M
6.00pm	212	100m	FINAL	F	6.00pm	202	JAVELIN m/c	FINAL	M	6:35pm	Javelin M
6.05pm	213	100m m/c	FINAL	F	6.30pm	203	LONG JUMP	FINAL	F	6:40pm	Long Jump m/c F
6.10pm	214	100m (wheelchair)	FINAL	F	7.00pm	206	JAVELIN (seated)	FINAL	M	7:25pm	100m F
6.15pm	215	100m (wheelchair)	FINAL	M	7.30pm	204	TRIPLE JUMP m/c	FINAL	M	7:30pm	100m F m/c
6.20pm	216	100m m/c	FINAL	M	7.30pm	205	TRIPLE JUMP	FINAL	M	7:35pm	100m F Wheelchair
6.25pm	217	100m	FINAL	M						8:10pm	100m M Wheelchair
6.45pm	218	400m	FINAL	F						8:15pm	100m M m/c
6.50pm	219	400m m/c	FINAL	F						8:20pm	100m M
7.00pm	220	400m (wheelchair)	FINAL	M						8:25pm	400m W
7.10pm	221	400m m/c	FINAL	M						8:30pm	400m F m/c
7.20pm	222	400m	FINAL	M						8:35pm	400m M m/c
7.45pm	223	4X100 RELAY	FINAL	F						8:40pm	400m M wheelchair
8.00pm	224	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

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28th April DAY 2					Sunday						
Session 3 8.00am - 3.00pm											
Track					Field					Presentations	
Time	Event				Time	Event				Time	Event
8:00am	310/311	10,000m (mc + U20)	FINAL	M	9:00am	300	HAMMER	FINAL	F	9:30am	10000m M and M m/c
8:00am	312/313	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	10:00am	302	SHOT PUT m/c	FINAL	M	10:30am	Hammer F
		200m (mc)	heat 2	F	10:00am	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							
10:45am	316	200m	heat 1	M							
		200m	heat 2	M							
		200m	heat 3	M							
		200m	heat 4	M							

Session 4 5.00pm - 9.00pm					Sunday						
Track										Presentations	
Time	Event				Time	Event				Time	Event
6:00pm	410	200m Wheelchair	FINAL	M	4:45pm	400	JAVELIN	FINAL	F	5:40pm	Javelin F
6:10pm	411	200m	FINAL	F	4:45pm	401	LONG JUMP	FINAL	M	5:45pm	Long Jump M
6:20pm	412	200m	FINAL	M	5:10pm	402	JAVELIN m/c	FINAL	F	7:00pm	200m Wheelchair M
6:30pm	413	200m m/c	FINAL	F	5:30pm	403	LONG JUMP m/c	FINAL	M	7:05pm	200m F
6:40pm	414	200m m/c	FINAL	M	7:30pm	404	TRIPLE JUMP m/c	FINAL	F	7:10pm	200m M
6:50pm	415	1500m (mc)	FINAL	F	7:30pm	405	TRIPLE JUMP	FINAL	F	7:20pm	200m m/c F
7:05pm	416	1500m (mc)	FINAL	M	7:30pm	406	JAVELIN (seated)	FINAL	F	7:30pm	200m m/c M
7:20pm	417	1500m	FINAL	F						7:40pm	Javelin F m/c
7:30pm	418	1500m	FINAL	M						7:45pm	Long Jump M m/c
7:45pm	419	Hybrid Relay	FINAL	F						7:50pm	1500m F m/c
8:15pm	420	100 Hurdles	FINAL	F						7:55pm	1500m M m/c
8:30pm	421	110 Hurdles	FINAL	M						8:05pm	1500m F
										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

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29th April		DAY 3				Monday					
Session 5										8.00am-1.00pm	
Track		Field				Presentations					
Time	Event	Time	Event	Time	Event	Time	Event				
8.00am	#512 400m Hurdles	FINAL F	8:00am	500 DISCUS seated	FINAL F	10:00am	400m Hurdles F				
8.20am	#513 400m Hurdles	FINAL M	9.00am	501 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	503 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	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	601 HIGH JUMP m/c	FINAL F	6:10pm	High Jump m/c F				
6.40pm	612 800m	FINAL F	5.00pm	602 DISCUS (seated)	FINAL M	6:15pm	Discus seated M				
6.50pm	613 800m (wheelchair)	FINAL F	6.15pm	603 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	616/617 5000m (m/c + U20)	FINAL M				7:35pm	800m Wheelchair F				
8:05pm	618 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				