

**## You must register for your events 30 minutes before the scheduled start time ##**

For events listed without a time you must call 0419 900 355 at least 2hrs before scheduled program start to organise

Program A	Men	Women	Program C	Men	Women
6.30 pm	400m		6.30 pm	100m	
6.30 pm	Javelin Pool A	Javelin Pool A	6.35 pm		100m
6.35 pm		400m	6.35 pm	Javelin Pool A	Javelin Pool A
6.40 pm	Triple Jump	Triple Jump	6.40 pm	High Jump	High Jump
6.45 pm	1500m		6.45 pm	1500m	
6.50 pm		1500m	6.50 pm		1500m
7.00 pm	Hammer	Hammer	7.00 pm	Hammer	Hammer
7.00 pm	100m		7.00 pm	Relay	Relay
7.05 pm		100m	7.10 pm	Triple Jump	Triple Jump
7.15 pm	High Jump	High Jump	7.10 pm	3000m	3000m
7.15 pm	3000m	3000m	7.20 pm	Javelin Pool B	Javelin Pool B
7.20 pm	Javelin Pool B	Javelin Pool B	7.35 pm	400m	
7.35 pm	Relay	Relay	7.40 pm		400m
	Circular Hurdles	Circular Hurdles		Circular Hurdles	Circular Hurdles
	Race Walks	Race Walks		Race Walks	Race Walks
Program B	Men	Women	Program D	Men	Women
6.30 pm	200m		6.30 pm	800m	
6.35 pm		200m	6.35 pm		800m
6.40 pm	Shot Put	Shot Put	6.40 pm	Discus	Discus
6.40 pm	Long Jump Pool A	Long Jump Pool A	6.40 pm	Long Jump Pool A	Long Jump Pool A
6.40pm	800m		6.45 pm	60m	
6.45 pm		800m	6.50 pm		60m
6.50 pm	60m		7.00 pm	4x100m Relay	4x100m Relay
6.55 pm		60m	7.10 pm	Mile/ 1500m	Mile / 1500m
7.00 pm	5000m	5000m	7.15 pm	Long Jump Pool B	Long Jump Pool B
7.05 pm	Discus	Discus	7.15 pm	Shot Put	Shot Put
7.15 pm	Long Jump Pool B	Long Jump Pool B	7.30 pm	200m	
7.30 pm	100m		7.35 pm		200m
7.35 pm		100m			
7.40 pm	4x400m Relay	4x400m Relay			
	Pole Vault	Pole Vault		Steeple Chase	Steeple Chase
	Sprint Hurdles	Sprint Hurdles		Sprint Hurdles	Sprint Hurdles
	Steeple Chase	Steeple Chase		Pole Vault	Pole Vault

\*\* You must call or text to 0419 900 355 prior to 4.30pm if you wish to compete in the Steeple to allow for filling of the water jump

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