

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

Program A	Men	Women	Program C	Men	Women
3.00 / 6.30 pm	400m		3.00 / 6.30 pm	100m	
3.05 / 6.35 pm		400m	3.05 / 6.35 pm		100m
3.10 / 6.40 pm	Long Jump	Long Jump	3.10 / 6.40 pm	High Jump	High Jump
3.15 / 6.45 pm	1500m		3.15 / 6.45 pm	1500m	
3.20 / 6.50 pm		1500m	3.20 / 6.50 pm		1500m
3.25 / 6.55 pm	Discus	Discus	3.20 / 6.50 pm	Shot Put	Shot Put
3.30 / 7.00 pm	100m		3.30 / 7.00 pm	Relay	Relay
3.35 / 7.05 pm		100m	3.40 / 7.10 pm	3000m	3000m
3.50 / 7.20 pm	High Jump	High Jump	4.00 / 7.30 pm	Long Jump	Long Jump
3.50 / 7.20 pm	3000m	3000m	4.00 / 7.30 pm	400m	
4.10 / 7.40 pm	Circular Hurdles	Circular Hurdles	4.05 / 7.35 pm		400m
4.20 / 7.50 pm	Shot Put	Shot Put	4.05 / 7.35 pm	Discus	Discus
4.20 / 7.50 pm	Short Race Walks	Short Race Walks	4.15 / 7.45 pm	Circular Hurdles	Circular Hurdles
4.35 / 8.05 pm	4x200m Relay	4x200m Relay	4.25 / 7.55 pm	Race Walks	Race Walks
Program B	Men	Women	Program D	Men	Women
3.00 / 6.30 pm	200m		3.00 / 6.30 pm	800m	
3.05 / 6.35 pm		200m	3.05 / 6.35 pm		800m
3.10 / 6.40 pm	Javelin	Javelin	3.10 / 6.40 pm	Pole Vault	Pole Vault
3.15 / 6.45 pm	800m	800m	3.15 / 6.45 pm	60m	
3.20 / 6.50 pm	60m		3.20 / 6.50 pm		60m
3.25 / 6.55 pm		60m	3.25 / 6.55 pm	Hammer	Hammer
3.30 / 7.00 pm	Triple Jump	Triple Jump	3.30 / 7.00 pm	4x100m Relay	4x100m Relay
3.35 / 7.05 pm	5000m	5000m	3.20 / 7.10 pm	3000 /4000m [Masters]	3000 /4000m [Masters]
3.40 / 7.10 pm	Hammer	Hammer	3.45 / 7.15 pm	Triple Jump	Triple Jump
4.00 / 7.30 pm	100m		4.00 / 7.30 pm	200m	
4.05 / 7.35 pm		100m	4.00 / 7.30 pm	Javelin	Javelin
4.05 / 7.35 pm	Pole Vault	Pole Vault	4.05 / 7.35 pm		200m
4.15 / 7.45 pm	Sprint Hurdles	Sprint Hurdles	4.15 / 7.45 pm	Steeple Chase	Steeple Chase
4.20 / 7.50 pm	4x400m Relay	4x400m Relay	4.30 / 8.00 pm	Sprint Hurdles	Sprint Hurdles
4.30 / 8.00 pm	Steeple Chase	Steeple Chase			

** You must call or text to 0419 900 355 2 hrs prior to Steeple event time if you wish to compete in the Steeple to allow for filling of the water jump

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