

TIMETABLE

TRACK

11:00	60 metres hurdles
11:45	3000 metres walk
12:15	800 metres
13:00	200 metres
14.15	Lunch break for track officials
14:45	3000 metres
15:30	60 metres
16:30	400 metres
17.30	1500 metres

FIELD

11:00	Pole Vault – Men and Women
11:00	Shot – Women
11:00	Long Jump – Men M35-59
12:30	Shot – Men
12.30	Long Jump – Women
13.30	Long Jump – Men M60+
14.30	High Jump – Men and Women
15.00	Triple Jump - Women

16.00 Triple jump - Men

Please Note

- The maximum length of spike permitted on the track is 6mm
- All races are finals. Where there are too many athletes for a race there will be seeded A and B finals
- Women will run first, followed by men, except in 3000metres/3000metres walk where they will run/walk together.
- The 3000m Walk will include the VAC Championships
- Numbers to be worn front and back (except in high jump/pole vault)
- Only four attempts will be possible in field events (except High Jump and Pole Vault)
- Please warm up outside or on the upstairs strip. No warming up will be permitted on the competition track.
- Please report to your event 15 minutes before the stated time:

For track events please report behind 60metres start

For field events please report at jumping/throwing area