

9:00	Team Registration
9:30	Opening
10:00	Javelin Male/Female/Para
10:30	Triple Jump Male/Female
10:30	200m Female
10:40	200m Male
11:00	200m Para
11:00	Long Jump Female
11:00	High Jump Male
11:15	Discus Male/Female
11:20	800m Female
11:30	800m Male
11:55	4x100m Relay Female
12:10	4x100m Relay Male
1:00	100m Female
1:10	100m Male
1:20	100m Para
1:10	Hammer Throw Male/Female
1:30	Long Jump Male
1:30	High Jump Female
1:40	Shot Put Male/Female/Para
1:40	1500m Female
1:55	1500m Male
2:10	400m Female
2:20	400m Male
2:40	3000/5000m Female
3:00	3000/5000m Male

Awards and BBQ to follow immediately