

PROGRAM/TIME TABLE

DATE	CALL ROOM TIME	RACE TIME	EVENT	SEX	GROUPS
18/9/2010	6:30	7:00	5000 M WALK	MEN	35 - 55
18/9/2010	7:00	7:30	5000 M WALK	MEN	60 +
18/9/2010	7:00	7:30	5000 M WALK	WOMEN	30 +
18/9/2010	7:30	8:00	HALF MARATHON	MEN/WOMEN	ALL
18/9/2010	8:00	8:30	DISCUS	WOMEN	50 +
18/9/2010	8:00	8:30	80 HURDLES	MEN	70 +
18/9/2010	7:55	8:30	HIGH JUMP	WOMEN	30 +
18/9/2010	7:55	8:30	SHOT PUT	MEN	80 +
18/9/2010	8:15	8:45	100 HURDLES	WOMEN	30 - 35
18/9/2010	8:20	9:00	LONG JUMP (A)	WOMEN	50 +
18/9/2010	8:20	9:00	LONG JUMP (B)	WOMEN	30 - 45
18/9/2010	8:25	9:00	SHOT PUT	MEN	70 - 75
18/9/2010	8:30	9:05	100 HURDLES	MEN	60 - 65
18/9/2010	8:50	9:20	100 HURDLES	MEN	50 - 55
18/9/2010	8:55	9:30	SHOT PUT	MEN	60 - 65
18/9/2010	8:55	9:30	DISCUS	WOMEN	30 - 45
18/9/2010	9:00	9:35	110 HURDLES	MEN	35 - 45
18/9/2010	9:30	10:00	300 HURDLES	MEN	60 +
18/9/2010	9:40	10:15	SHOT PUT	MEN	50 - 55
18/9/2010	9:45	10:15	400 HURDLES	WOMEN	30 - 45
18/9/2010	10:00	10:30	DISCUS	MEN	60 +
18/9/2010	10:10	10:40	400 HURDLES	MEN	50 - 55
18/9/2010	10:30	11:00	400 HURDLES	MEN	35 - 45
18/9/2010	11:00	11:30	SHOT PUT	MEN	35 - 45
18/9/2010	11:00	11:30	DISCUS	MEN	50 - 55
18/9/2010	11:30	12:00	100 M	WOMEN	30 +
18/9/2010	12:00	12:20	100 M	MEN	65 +
18/9/2010	12:15	12:45	DISCUS	MEN	35 - 45
18/9/2010	12:30	12:45	100 M	MEN	55 - 60
18/9/2010	12:45	13:05	100 M	MEN	45 - 50
18/9/2010	13:20	13:35	100 M	MEN	35 - 40
18/9/2010	13:40	13:55	800 M	WOMEN	30 +
18/9/2010	14:00	14:15	800 M	MEN	65 +
18/9/2010	14:15	14:35	800 M	MEN	55 - 60
18/9/2010	14:30	14:55	800 M	MEN	45 - 50
18/9/2010	14:45	15:00	800 M	MEN	35 - 40
18/9/2010		15:30	OPENING CEREMONY		
18/9/2010	15:45	16:00	400M	WOMEN	30 +
18/9/2010	16:00	16:15	400M	MEN	65 +
18/9/2010	16:15	16:30	400M	MEN	55 - 60
18/9/2010	16:00	16:30	JAVELIN	MEN	35 - 45

18/9/2010	16:30	16:45	400M	MEN	45 - 50
18/9/2010	16:45	17:00	400M	MEN	35 - 40
18/9/2010	16:15	17:00	POLE VAULT	MEN	35 +
18/9/2010	16:25	17:00	SHOT PUT	WOMEN	60 +
18/9/2010	16:55	17:30	SHOT PUT	WOMEN	50 - 55
18/9/2010	16:55	17:30	JAVELIN	MEN	50 - 55
18/9/2010	17:05	17:30	5000 M	MEN	55 +
18/9/2010	17:35	18:05	5000 M	WOMEN	30 +
18/9/2010	17:45	18:15	SHOT PUT	WOMEN	40 - 45
18/9/2010	18:00	18:30	LONG JUMP (A)	MEN	50 +
18/9/2010	18:00	18:30	LONG JUMP (B)	MEN	35 - 45
18/9/2010	18:00	18:35	5000 M	MEN	45 - 50
18/9/2010	18:25	19:00	JAVELIN	MEN	60 +
18/9/2010	18:25	19:00	SHOT PUT	WOMEN	30 - 35
18/9/2010	18:35	19:05	5000 M	MEN	35 - 40
18/9/2010	19:00	19:30	JAVELIN	WOMEN	30 - 45
18/9/2010	19:10	19:40	4 X 100	WOMEN	ALL
18/9/2010	19:30	20:00	4 X 100	MEN	ALL
18/9/2010	19:45	20:15	JAVELIN	WOMEN	50 +

DATE	CALL ROOM TIME	RACE TIME	EVENT	SEX	GROUPS
19/9/2010	8:30	9:00	TRIPLE JUMP	WOMEN	30 +
19/9/2010	8:30	9:00	HAMMER	MEN	70 +
19/9/2010	9:00	9:30	HIGH JUMP	MEN	35 +
19/9/2010	9:20	10:00	HAMMER	MEN	60 - 65
19/9/2010	9:20	10:00	TRIPLE JUMP	MEN	35 +
19/9/2010	9:40	10:15	200 M	WOMEN	30 +
19/9/2010	10:15	10:45	200 M	MEN	65 +
19/9/2010	10:20	11:00	HAMMER	MEN	50 - 55
19/9/2010	10:45	11:15	200 M	MEN	55 - 60
19/9/2010	11:15	11:45	200 M	MEN	45 - 50
19/9/2010	11:30	12:00	200 M	MEN	35 - 40
19/9/2010	11:20	12:00	HAMMER	MEN	35 - 45
19/9/2010	12:00	12:30	1500 M	WOMEN	30 +
19/9/2010	12:45	13:15	1500 M	MEN	35 - 40
19/9/2010	13:15	13:45	1500 M	MEN	45 - 50
19/9/2010	13:45	14:15	1500 M	MEN	55 - 60
19/9/2010	14:15	14:45	1500 M	MEN	65 +
19/9/2010	14:45	15:00	4 X 400 M	MEN	35 +
19/9/2010	15:00	15:20	4 X 400 M	WOMEN	30 +
19/9/2010		15:30	CLOSING CEREMONY		