

Match 1 - Tue 30 April

Time	Track	Throws	Throws	Jumps	Jumps
18:45		M35/M50 hammer	W35/M60 shot		
18:50					
18:55					
19:00	800m - M35/M50			W50/W60 long	
19:05	800m - M60/W35				
19:10	800m - W50/W60				
19:15	M 100m - youngest first	W50/W60 hammer	M35/M50 shot		PV all - 35/50
19:20					
19:25	W 100m - youngest first				
19:30				W35/M60 long	
19:35	3K - M35/M50				
19:40					
19:45		W35/M60 hammer	W50/W60 shot		
19:50	3K - M60/W35				
19:55					
20:00				M35/M50 long	
20:05	3K - W50/W60				
20:10					
20:15					
20:20	M35/50 4x100m relay				
20:25					
20:30	W35/50 4x100m relay				