CHAMPIONSHIP TIMETABLE

FRIDAY 2 APRIL

	TRACK		*LONG JUMP*		*THROWS*					
7.30	W30+	10000m								
	M75+	10000m								
7.45			M55	pit 5						
			W55+	pit 2						
8.00					W30-39	hammer	main	W40-49	shot	pit 3
					W50	hammer	UWA	M55-64	shot	pit 4
8.50	M55-74	10000m								
9.00					M30-54	hammer	main			
					W65+	hammer	UWA			
9.15			M50	pit 5						
			M30-49	pit 2						
9.30								W55-64	shot	pit 3
								M70-79	shot	pit 4
10.00	M30-54	10000m								
10.30					M65	hammer	main			
					M80+	hammer	UWA			
10.45			M70+	pit 5						
			W45-54	pit 2						
11.00	W30+	1500m walk								
11.20	M30+	1500m walk								
11.30					M55-64	hammer	main	W30-39	shot	pit 3
								W50	shot	pit 4
11.45	All	60m heats								
12.15	**Welcoming Ceremony**									
12.45	All	60m finals								
13.00					W55-64	hammer	main	M65	shot	pit 3
								M30-54	shot	pit 4
13.45			M60-69	pit 5						
			W30-44	pit 2						
14.05	All	800m								
14.30					M70-79	hammer	main			
15.00								M80+	shot	pit 3
								W65+	shot	pit 4
15.50	All	100m heats								
16.00					W40-49	hammer	main			
16.15	All	100m finals								

SATURDAY 3 APRIL

TRACK			*HIGH JUMP*	*THROWS*					
7.30	W30+	5000m walk							
7.45				W50-59	javelin	SW	W40-49	discus	SW
				W30-39	javelin	NE	M55-64	discus	UWA
8.00			W50+						
8.30	M30+	5000m walk							
9.00			M30-54						
9.20	All	110m hurdles							
9.30	All	100m hurdles							
9.45				M80+	javelin	SW	W70+	discus	SW
				M70-79	javelin	NE	M50	discus	UWA
9.50	All	80m hurdles							
10.15			M65-74						
10.20	All	1500m							
11.15				W60-69	javelin	SW	W50-59	discus	SW
				M65	javelin	NE	M30-49	discus	UWA
11.30			M55-64						
12.30	**Coaches forum**								
13.30				W70+	javelin	SW	M80+	discus	SW
				M55-64	javelin	NE	W30-39	discus	UWA
13.45	All	200m heats	W30-49						
14.35	W30+	2000m steeple							
15.00	M60+	2000m steeple		W40-49	javelin	SW	W60-69	discus	SW
				M30-49	javelin	NE	M65	discus	UWA
15.15			M75+						
15.25	M30-59	3000m steeple							
15.50	All	200m finals							
16.30				M50	javelin	NE	M70-79	discus	SW
17.25	All	400m heats							

SUNDAY 4 APRIL

TRACK			*JUMPS*			*THROWS PENTATHLON*	
7.30	W55+ M75+	5000m 5000m					
8.00				M60+M70 M40-54	TJ pit 5 TJ pit 2	W45-54 W55-64	UWA main
8.15	W30-54	5000m	pole vault under 2.2m				
8.50						M65	main
9.00	M60-74	5000m					
9.30				M55+M65 W30-49	TJ pit 5 TJ pit 2		
9.40	M50-59	5000m				W65+ M50-59	UWA main
10.20	M30-49	5000m	pole vault over 2.2m				
10.30						W30-44	main
11.00	All	400m finals		M75+	TJ pit 2		
11.20						M60+M70	main
12.10						M30-49 M75+	main UWA
12.40	**Women**	**Champion of Champions 100m**					
12.50	**Men**	**Champion of Champions 100m**					
13.15	W200+	4 x 100m					
13.25	M220+	4 x 100m					
13.35	W160+	4 x 100m					
13.45	M170+	4 x 100m					
13.55	W120+	4 x 100m					
14.05	M120+	4 x 100m					
14.20	All	200m hurdles		W50+	TJ pit 2		
14.30	All	300m hurdles					
14.50	All	400m hurdles					
15:30	**Athletes forum**						

MONDAY 5 APRIL

PENTATHLON		*EX-STADIA*		*THROWS*		
8.00	M75+	All	10km road walk	M30-54	wt throw	pit 3
		W30+	8km x-country	W55-64	wt throw	pit 4
8.30	M65-74					
9.00	M30-49			W30-44	wt throw	pit 3
				M75+	wt throw	pit 4
9.15		M55+	8km x-country			
9.45	M50					
	W50+					
10.15				W65+	wt throw	pit 3
				W45-54	wt throw	pit 4
10.30	M55-64	M30-54	8km x-country			
10.45	W30-49					
11.30				M55 + M65	wt throw	pit 3
				M60 + M70	wt throw	pit 4
11.30				**Women Champion of Champions**		
				Discus	SW	
13.30				**Men Champion of Champions**		
				Discus	SW	

TRACK

14.30	W200+	4 x 400m
14.40	M220+	4 x 400m
14.50	W160+	4 x 400m
15.00	M170+	4 x 400m
15.10	W120+	4 x 400m
15.20	M120+	4 x 400m