

# DRAFT PROGRAM - GUIDE ONLY

## Thursday

**Start Time:** 12:00  
**Finish Time:** approx 21:00  
**Field Events:** Men's Hammer  
Women's Discus  
Men's/Women's Shot Put  
Men's/Women's Long Jump

**Track Events:**  
12:00 W30+/M30+ 800m  
13:30 W30+/M30+ 60m Heats  
14:15 W30+/M30+ 60m Finals  
15:30 W30+/M30+ 1500m Walk  
16:15 W30+/M30+ 100m Heats  
17:00 W30+/M30+ 100m Finals  
18:00 W30+/M30+ 10k Run

## Friday

**Start Time:** 8:00  
**Finish Time:** approx 16:00  
**Field Events:** Women's Hammer  
Men's Discus  
Men's/Women's Javelin  
Men's/Women's High Jump

**Track Events:**  
8:00 W30+/M30+ 5k Walk  
10:00 W30+/M30+ Sprint Hurdles  
11:45 W30+/M30+ 200m Heats  
12:30 W30+/M30+ 1500m Run  
13:45 W30+/M30+ 200m Finals  
15:00 W30+/M30+ Steeplechase  
16:00 400m Heats  
16:30 **Coaches Forum**

## Saturday

**Start Time:** 8:00  
**Finish Time:** approx 16:00  
**Field Events:** Men's Throws Pentathlon  
Women's Outdoor Pentathlon  
Women's Weight Throw  
Men's/Women's Pole Vault  
Men's/Women's Triple Jump

**Track Events:**  
8:00 W30+/M30+ 5000m Run  
10:00 W30+/M30+ Long Hurdles

12:00 W30+/M30+ 100m Handicap  
13:00 W30+/M30+400m Finals  
15:30 W30+/M30+ 4x100m Relays  
16:00 **Athletes Forum**

## **Sunday**

**Start Time:** 9am

**Finish Time:** approx 4pm

**Field Events:** Women's Throws Pentathlon

Men's Outdoor Pentathlon

Men's Weight Throw

Throws Handicap

**Track Events:**

7:00 Road Walk

7:00 Cross Country

2:30 4x400m Relays

**Dinner** Mt Gravatt Bowls Club - 1873 Logan Rd Upper Mt Gravatt