Track Events

Callroom Track Events: 15 min before each competition
Preliminaries: best 8 of each agegroup are qualified for Final.
Timed Finals: if more than one heat is required, the 3 fastest times will win

Field events

Callroom Field Events: 15 min before each heat
Warmup is included in the times below. Start of the competition approx. 15 minutes later.

Morning Session

Place 6	Stadium		Long Jump Area 1	Long Jump Area 2	Discus Area 1	Discus Area 2	Ball Throw Area 1	Ball Throw Area 2
		08:30			W18-29 W30-39 W40-49	W50-59 W60-69 W70-79, W80+	M18-29 M30-39	M50-59
		08:35						
Racewalk 5000m M M18-29 M30-39 M40-49	200m Finals (Time Trials) W15-17 W18-29	08:40						
		08:45						
		08:50						
		08:55						
	W30-39 W40-49	09:00	M-Donors	W-Donors				
		09:05						
		09:10						
	W50-59 W60-69	09:15						
		09:20						
		09:25						
	W70-70, W80+	09:30						
		09:35						
	M15-17 M18-29 M18-29	09:40						
M50-59		09:45						
		09:50						
		09:55						
	M30-39 M30-39	10:00		M40-49				M60-69 M70-79, M80+
		10:05						
		10:10						
	M40-49 M40-49	10:15	M60-69 M70-79,M80+		M50-59		M40-49 M-Donors	
		10:20						
		10:25						
	M50-59 M50-59	10:30				M18-29 M30-39		
		10:35						
		10:40						
	M60-69 M60-69	10:45						
		10:50						
		10:55						
M60-69 M70-79, M80+	M70-70, M80+	11:00						
		11:05						
	800m Finals (Time Trials) W18-29	11:10						
		11:15						
		11:20						
	W30-39	11:25						
		11:30		M50-59				
		11:35						
	W40-49	11:40						
		11:45	W50-59 W60-69 W70-70, W80+					W 50-59 W60-69 W70-79, W80 W-Donors
	W50-59	11:50						
		11:55						
	W60-69, W70-79, W80+	12:00				M60-69 M70-79, M80+	W18-29 W30-39 W40-49	
		12:05						
		12:10						
	M18-29	12:15			M40-49			
		12:20						
	M30-39	12:25						
		12:30						
	M40-49	12:35						
		12:40						
	M50-59	12:45						
		12:50						
	M60-69, M70-79, M80+	12:55						
		13:00						
		13:05						
		13:10						
	4x400m Relay Women	13:15						
		13:20						
		13:25						
	Men	13:30						
		13:35						
	Men	13:40						
		13:45						
		13:50						
		13:55						
		14:00						
		14:05						
		14:10						
		14:15						
		14:20						
		14:25						
		14:30						
		14:35						
		14:40						
		14:45						

Circle of Life (Closing)

Circle of Life (Closing)