

**PROGRAM**

Performance Scores: ASA\_2016 table, Electronic Time, Height above sea=10

Seq	Time	Pit	Event	Next	Spec
<b>START OF DAY 1</b>					
1	17:00		Heat 1 of 4 Women 25 200m (Seniors)	(Semi Final=18)	
2	17:00		Heat 2 of 4 Women 25 200m (Seniors)	(Semi Final=18)	
3	17:00		Heat 3 of 4 Women 25 200m (Seniors)	(Semi Final=18)	
4	17:00		Heat 4 of 4 Women 25 200m (Seniors)	(Semi Final=18)	
5	17:10		Heat 1 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
6	17:10		Heat 2 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
7	17:10		Heat 3 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
8	17:10		Heat 4 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
9	17:10		Heat 5 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
10	17:10		Heat 6 of 6 Men 25 200m (Seniors)	(Semi Final=20)	
11	17:25		Heat 1 of 2 Men 25 800m (Seniors)	(Final=94)	
12	17:25		Heat 2 of 2 Men 25 800m (Seniors)	(Final=94)	
13	17:30		Final Men MixAge Discus (Seniors & Masters)		
14	17:30		Final Women MixAge Discus (Seniors & Masters)		
15	17:30		Final Men MixAge TripleJump (Seniors & Masters)		
16	17:35		Final Men MixAge 5km Walk (Seniors & Masters)		
17	17:35		Final Women MixAge 5km Walk (Seniors & Masters)		
18	18:25		Semi Final 1 of 2 Women 25 200m (Seniors)	(Final=32)	
19	18:25		Semi Final 2 of 2 Women 25 200m (Seniors)	(Final=32)	
20	18:30		Semi Final 1 of 3 Men 25 200m (Seniors)	(Final=33)	
21	18:30		Semi Final 2 of 3 Men 25 200m (Seniors)	(Final=33)	
22	18:30		Semi Final 3 of 3 Men 25 200m (Seniors)	(Final=33)	
23	18:30		Final Women MixAge Hammer (Seniors & Masters)		
24	18:30		Final Men MixAge Hammer (Seniors & Masters)		
25	18:40		Final Women MixAge 300m Hurdles (Masters 50-69)		
26	18:50		Final Men MixAge 300m Hurdles (Masters 50+)		
27	19:00		Final Women MixAge 10000m (Seniors & Masters)		
28	19:00		Final Men MixAge 10000m (Seniors & Masters)		
29	19:50		Final Women 25 800m (Senior Women ONLY)		
30	20:00		Final Women MixAge 200m (Masters)		
31	20:05		Final Men MixAge 200m (Masters)		
32	20:10		Final Women 25 200m (Seniors)		
33	20:15		Final Men 25 200m (Seniors)		
<b>START OF DAY 2</b>					
34	05:00		Final Women MixAge 50km Walk (Masters)		
35	05:00		Final Men MixAge 20km Walk (Senior & Masters)		
36	05:00		Final Women MixAge 20km Walk (Seniors & Masters)		
37	05:00		Final Women MixAge 10km Walk (Masters)		
38	05:00		Final Men MixAge 10km Walk (Masters)		
39	05:00		Final Women MixAge 30km Walk		
40	05:00		Final Men MixAge 30km Walk		
41	05:00		Final Men MixAge 50km Walk (Masters)		
42	08:00		Final Men MixAge Weight (Masters)		
43	08:30		Final Women MixAge 3000m SteepleChase (Snr & Mas 30-59)		
44	09:00		Final Men MixAge LongJump (Senior & Masters)		
45	09:00		Final Women MixAge 1500m (Masters)		

46	09:10	Final Men MixAge 1500m (Masters)	
47	09:20	Heat 1 of 2 Men 25 1500m (Seniors)	(Final=102)
48	09:20	Heat 2 of 2 Men 25 1500m (Seniors)	(Final=102)
49	09:25	Final Women MixAge 200m Hurdles (Masters 70+)	
50	09:30	Final Women MixAge HighJump (Senior & Masters)	
51	09:30	Final Men MixAge 200m Hurdles (Masters 80+)	
52	09:40	Final Women MixAge 400m Hurdles (Senior & Masters)	
53	09:55	Final Men MixAge 400m Hurdles (Senior & Masters)	
54	10:00	Final Men MixAge Shotput (Seniors & Masters)	
55	10:00	Final Women MixAge Weight (Masters)	
56	10:00	Heat 1 of 4 Men 25 400m (Senior)	(Semi Final=77)
57	10:00	Heat 2 of 4 Men 25 400m (Senior)	(Semi Final=77)
58	10:00	Heat 3 of 4 Men 25 400m (Senior)	(Semi Final=77)
59	10:00	Heat 4 of 4 Men 25 400m (Senior)	(Semi Final=77)
60	11:00	Final Women MixAge Shotput (Senior & Masters)	
61	11:40	Heat 1 of 4 Women 25 100m (Seniors)	(Semi Final=82)
62	11:40	Heat 2 of 4 Women 25 100m (Seniors)	(Semi Final=82)
63	11:40	Heat 3 of 4 Women 25 100m (Seniors)	(Semi Final=82)
64	11:40	Heat 4 of 4 Women 25 100m (Seniors)	(Semi Final=82)
65	11:50	Heat 1 of 6 Men 25 100m (Seniors)	(Semi Final=84)
66	11:50	Heat 2 of 6 Men 25 100m (Seniors)	(Semi Final=84)
67	11:50	Heat 3 of 6 Men 25 100m (Seniors)	(Semi Final=84)
68	11:50	Heat 4 of 6 Men 25 100m (Seniors)	(Semi Final=84)
69	11:50	Heat 5 of 6 Men 25 100m (Seniors)	(Semi Final=84)
70	11:50	Heat 6 of 6 Men 25 100m (Seniors)	(Semi Final=84)
Lunch Break			
71	12:30	Final Women MixAge LongJump (Senior & Masters)	
72	12:50	Final Men MixAge 100m Hurdles (Masters 50+)	
73	13:00	Final Men MixAge 110m Hurdles (Senior & Masters - 49)	
74	13:10	Heat 1 of 3 Women 25 400m (Senior)	(Final=99)
75	13:10	Heat 2 of 3 Women 25 400m (Senior)	(Final=99)
76	13:10	Heat 3 of 3 Women 25 400m (Senior)	(Final=99)
77	13:20	Semi Final 1 of 2 Men 25 400m (Senior)	(Final=101)
78	13:20	Semi Final 2 of 2 Men 25 400m (Senior)	(Final=101)
79	13:20	Final Men MixAge Javelin (Senior & Masters)	
80	13:20	Final Men MixAge HighJump (Seniors & Masters)	
81	13:20	Final Men MixAge 3000m SteepleChase (Senior)	
82	13:28	Semi Final 1 of 2 Women 25 100m (Seniors)	(Final=103)
83	13:28	Semi Final 2 of 2 Women 25 100m (Seniors)	(Final=103)
84	13:32	Semi Final 1 of 3 Men 25 100m (Seniors)	(Final=104)
85	13:32	Semi Final 2 of 3 Men 25 100m (Seniors)	(Final=104)
86	13:32	Semi Final 3 of 3 Men 25 100m (Seniors)	(Final=104)
87	13:35	Final Women MixAge 2000m SteepleChase (Masters 30+)	
88	13:45	Final Men MixAge 2000m SteepleChase (Masters 60+)	
89	13:55	Final Women MixAge 100m (Masters)	
90	14:00	Final Men MixAge 100m (Masters H1)	
91	14:00	Final Men MixAge 100m (Masters H2)	
92	14:10	Final Women MixAge 800m (Masters)	
93	14:15	Final Men MixAge 800m (Masters)	
94	14:20	Final Men 25 800m (Seniors)	
95	14:30	Final Women MixAge Javelin (Senior & Masters)	

96	14:35	Final Women MixAge 5000m (Senior & Masters)
97	15:00	Final Men MixAge 5000m (Senior & Masters)
98	15:30	Final Women MixAge 400m (Masters)
99	15:35	Final Women 25 400m (Senior)
100	15:40	Final Men MixAge 400m (Masters)
101	15:45	Final Men 25 400m (Senior)
102	15:50	Final Men 25 1500m (Seniors)
103	15:55	Final Women 25 100m (Seniors)
104	16:00	Final Men 25 100m (Seniors)
105	16:10	Final Women 25 4X100m Relay (Seniors)
106	16:20	Final Women MixAge 4X100m Relay (Seniors & Masters)
107	16:30	Final Men MixAge 4X100m Relay (Seniors & Masters)
108	16:40	Final Men 25 4X100m Relay (Seniors)