

## Sprints / Hurdles

		Event	Heat #	Arrival Time	Warm-up	Event Time	Event Over
					Location #		
200 metre	686	Long Hurdles	Heat 1	15.15	Infield Zone 1 or back straight before races start	16.00	16.05
300 metre	762	Long Hurdles	Heat 2	15.20	Infield Zone 1 or back straight before races start	16.05	16.08
300 metre	762	Long Hurdles	Heat 3	15.25	Infield Zone 1 or back straight before races start	16.08	16.11
300 metre	762	Long Hurdles	Heat 4	15.25	Infield Zone 1 or back straight before races start	16.11	16.14
400 metre	762	Long Hurdles	Heat 5	15.30	Infield Zone 1 or back straight before races start	16.20	16.25
300 metre	838	Long Hurdles	Heat 6	15.35	Infield Zone 1 or back straight before races start	16.25	16.30
		60 metre Women	Heat 1	15.50	Infield Zone 2	16.35	16.38
		60 metre Women	Heat 2	15.50	Infield Zone 2	16.38	16.41
		60 metre Women	Heat 3	15.50	Infield Zone 2	16.41	16.44
		60 metre Women	Heat 4	15.50	Infield Zone 2	16.44	16.47
		60 metre Women	Heat 5	15.50	Infield Zone 2	16.47	16.50
		60 metre Men	Heat 1	16.05	Infield Zone 1	16.50	16.53
		60 metre Men	Heat 2	16.05	Infield Zone 1	16.53	16.56
		60 metre Men	Heat 3	16.05	Infield Zone 1	16.56	16.59
		60 metre Men	Heat 4	16.05	Infield Zone 1	16.59	17.02
		60 metre Men	Heat 5	16.05	Infield Zone 1	17.02	17.05
		100 metre Women	Heat 1	16.25	Back straight	17.10	17.13
		100 metre Women	Heat 2	16.25	Back straight	17.13	17.16
		100 metre Women	Heat 3	16.25	Back straight	17.16	17.19
		100 metre Women	Heat 4	16.25	Back straight	17.19	17.22
		100 metre Women	Heat 5	16.40	Infield Zone 1	17.22	17.25
		100 metre Women	Heat 6	16.40	Infield Zone 1	17.25	17.28
		100 metre Women	Heat 7	16.40	Infield Zone 1	17.28	17.31
		100 metre Women	Heat 8	16.40	Infield Zone 1	17.31	17.34
		100 metre Men	Heat 1	16.50	Infield Zone 2	17.34	17.37
		100 metre Men	Heat 2	16.50	Infield Zone 2	17.37	17.40
		100 metre Men	Heat 3	16.50	Infield Zone 2	17.40	17.43
		100 metre Men	Heat 4	16.50	Infield Zone 2	17.43	17.46
		100 metre Men	Heat 5	17.00	Back straight	17.46	17.49

100 metre Men	Heat 6	17.00	Back straight	17.49	17.52
100 metre Men	Heat 7	17.00	Back straight	17.52	17.55
100 metre Men	Heat 8	17.00	Back straight	17.55	17.58
100 metre Men	Heat 9	17.00	Back straight	17.58	18.01
200 metre Women	Heat 1	17.25	Infield Zone 1	18.10	18.13
200 metre Women	Heat 2	17.25	Infield Zone 1	18.13	18.16
200 metre Women	Heat 3	17.25	Infield Zone 1	18.16	18.19
200 metre Women	Heat 4	17.25	Infield Zone 1	18.19	18.22
200 metre Women	Heat 5	17.35	Infield Zone 2	18.22	18.25
200 metre Women	Heat 6	17.35	Infield Zone 2	18.25	18.28
200 metre Men	Heat 1	17.35	Infield Zone 2	18.28	18.31
200 metre Men	Heat 2	17.35	Infield Zone 2	18.31	18.34
200 metre Men	Heat 3	17.35	Infield Zone 2	18.34	18.37
200 metre Men	Heat 4	17.50	Back straight	18.37	18.40
200 metre Men	Heat 5	17.50	Back straight	18.40	18.43
200 metre Men	Heat 6	17.50	Back straight	18.43	18.46
200 metre Men	Heat 7	17.50	Back straight	18.46	18.49
200 metre Men	Heat 8	17.50	Back straight	18.49	18.52

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.

## **Middle Distance**

Event	Heat #	Arrival Time	Warm-up		Event Time	Event Over
			Location #			
2000 m / 762 mm Steeples	Heat 1	15.15	Infield Zone 1		16.00	16.10
3000 m / 914 mm Steeples	Heat 2	15.30	Infield Zone 2		16.20	16.35
3000 metres Women	Heat 1	15.55	Infield Zone 1		16.40	16.55
3000 metres Women	Heat 2	16.10	Infield Zone 2		16.55	17.10
3000 metres Women	Heat 3	16.25	Infield Zone 3		17.10	17.25
3000 metres Men	Heat 1	16.40	Infield Zone 1		17.25	17.40
3000 metres Men	Heat 2	16.55	Infield Zone 2		17.40	17.55
3000 metres Men	Heat 3	17.10	Infield Zone 3		17.55	18.10
3000 metres Men	Heat 4	17.25	Infield Zone 1		18.10	18.25
3000 metres Men	Heat 5	17.40	Infield Zone 2		18.25	18.40
800 metres Women	Heat 1	18.05	Infield Zone 3		18.50	18.55
800 metres Women	Heat 2	18.10	Infield Zone 1		18.55	19.00

800 metres Women	Heat 3	18.15	Infield Zone 2	19.00	19.05
800 metres Men	Heat 1	18.20	Infield Zone 3	19.05	19.10
800 metres Men	Heat 2	18.25	Infield Zone 1	19.10	19.15
800 metres Men	Heat 3	18.30	Infield Zone 2	19.15	19.20

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.

## Throws and Jumps

Event	Arrival Time	(non throwing) Warm-up		Event Time	Event Over
		Location			
Shot Women Div 1	15.15	Back Straight		16.00	16.45
Shot Men Div 1	16.00	Back Straight		16.45	17.30
Shot Women Div 2	16.45	Back Straight		17.30	18.15
Shot Men Div 2	17.30	Back Straight		18.15	19.00
Discus Women Div 1	15.15	Back Straight		16.00	16.45
Discus Men Div 1	16.00	Back Straight		16.45	17.30
Discus Women Div 2	16.45	Back Straight		17.30	18.15
Discus Men Div 2	17.30	Back Straight		18.15	19.00
Long Jump Women	15.15	Front Straight		16.00	17.25
Long Jump Men	16.50	Front Straight		17.35	19.00
High Jump Mixed Div 1	15.15	Front Straight		16.00	17.25
High Jump Mixed Div 2	16.50	Front Straight		17.35	19.00

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.

Discus and Shot have a 45 minute time allocation for warm up throws and competition at the circle.

