



SATURDAY 14 March 2009							
TRACK				FIELD			
TIME	EVENT	GENDER	ROUND	TIME	EVENT	GENDER	ROUND
10:00	1500m	Men	6 Heats	10:00	Long Jump	Women	Qual (2)
10:30	1500m	Women	4 Heats	10:10	Pole Vault	Men	Final
10:50	60m	Men	12 Heats	10:20	Shot Put	Women	Qual (2)
11:40	60m	Women	8 Heats				
12:15	400m	Men	14 Heats	12:00	Triple Jump	Men	Qual (1)
13:05	400m	Women	9 Heats	13:00	Triple Jump	Men	Qual (2)
13:25	60m	Men	3 SF				
13:40	60m	Women	3 SF				
13:55	800m	Men	9 Heats	13:30	High Jump	Men	Qual (2)
14:35	800m	Women	6 Heats	14:15	Long Jump	Women	Final
14:55	3000m	Men	6 Heats	15:15	High Jump	Women	Qual (2)
15:50	400m	Men	4 SF	15:30	Shot Put	Women	Final
16:10	400m	Women	4 SF				
16:25	1500m	Men	2 SF	16:15	Triple Jump	Men	Final
16:35	3000m	Women	3 Heats				
17:05	800m	Men	4 SF				
17:20	800m	Women	3 SF				
17:30	60m	Women	Final				
17:35	60m	Men	Final				
17:40	4 x 200m	Women	4 Heats				
18:00	4 x 200m	Men	6 Heats				
							If no qualification FINAL at <i>FINAL TIME</i>

SUNDAY 15 March 2009							
TRACK				FIELD			
TIME	EVENT	GENDER	ROUND	TIME	EVENT	GENDER	ROUND
09:30	60m H	Men	4 Heats	09:30	Pole Vault	Women	Final
09:50	60m H	Women	4 Heats	09:40	Long Jump	Men	Qual (2)
10:10	200m	Men	14 Heats	10:00	Shot Put	Men	Qual (2)
11:10	200m	Women	9 Heats				If no qualification FINAL at <i>FINAL TIME</i>
11:55	400m	Men	Final	11:30	Triple Jump	Women	Final
12:00	400m	Women	Final				
12:05	60m H	Women	Final				
12:15	60m H	Men	Final				
12:20	1500m	Women	Final				
12:30	3000m	Men	Final				
12:45	200m	Men	4 SF	12:45	High Jump	Men	Final
13:05	200m	Women	4 SF	12:45	High Jump	Women	Final
				13:00	Shot Put	Men	Final
13:55	800m	Women	Final	13:30	Long Jump	Men	Final
14:00	800m	Men	Final				
14:10	200m	Men	Final				
14:15	200m	Women	Final				
14:20	1500m	Men	Final				
14:30	3000m	Women	Final				
14:50	4 x 200m	Women	Final				
15:00	4 x 200m	Men	Final				