

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Circular Track

Event No	Warm Up Open	Event Time	Event	Age Group	Round
1	16:30	18:00	400m	Sen Women	1
2	16:40	18:10	400m	Sen Men	1
3	16:54	18:24	800m	Sen Women	Timed Finals
4	16:59	18:29	800m	Sen Men	Timed Finals
5	17:15	18:45	1500m	Sen Women	Timed Finals
6	17:25	18:55	1500m	Sen Men	Timed Finals
7	17:40	19:10	3000m	Sen Women	Timed Final
8	17:55	19:25	3000m	Sen Men	Timed Finals
9		19:50	400m	Sen Women	Final
10		19:55	400m	Sen Men	Final

All heat lists will be displayed ONLINE. Please check for report time.

If heats are not required FINALS will go at HEAT time