











































Saturday 26th May

11:00 to 13:00 National Open Events

13:10			Opening Ceremony
13:30		W	Hammer
13:30		M	100m Extra (3)
13:40		W	Pole Vault
13:45		W	100m Extra (3)
13:50		M	Long Jump
14:05		M	400m Hurdles
14:20		W	400m Hurdles
14:35		W	5000m
14:50		M	Discus
15:00		W	Triple Jump
15:05		W	100m
15:20		M	High Jump
15:20		M	100m
15:35		M	3000m Steeplechase
15:55		M	800m
16:05		M	400m
16:10		W	Shot Put
16:15		M	Javelin
16:15		W	400m
16:30		W	1500m
16:40		M	3000m
17:10		W	4x100m
17:25		M	4x100m

Sunday 27th May

11:00 to 13:00 National Open Events

13:00		M	Hammer
13:40		M	Pole Vault
13:50		W	Long Jump
14:15		W	100m Hurdles
14:30		W	Discus
14:35		M	110m Hurdles
15:00		M	5000m
15:00		M	Triple Jump
15:20		W	High Jump
15:30		W	200m
15:45		M	200m
16:00		W	3000m Steeplechase
16:00		W	Javelin
16:10		M	Shot Put
16:20		W	800m
16:30		M	1500m
16:40		W	3000m
17:00		W	4x400m
17:15		M	4x400m
17:30			Victory Ceremony