

FINAL TIMETABLE - TRACK				FINAL TIMETABLE - FIELD			
Time	Event Number	Event	Round	Time	Event Number	Event	Round
10:30	1	Men 400m Wheelchair	Finals	10:30	43	Women Discus 1kg	Finals
10:35	1	Women 400m Wheelchair	Finals	10:30	44	Men Discus 2kg	Finals
10:40	2	Mixed 400m Race Runner	Finals	10:30	45	Men Discus 1.75kg	Finals
10:45	3	Men 400m LD	Heats	10:30	46	Men Discus 1.5kg	Finals
10:55	4	Men 400m PD	Finals	10:30	47	Men Discus 1.25kg	Finals
11:00	5	Women 400m LD	Finals	10:30	48	Men Discus 1kg	Finals
11:10	6	Mixed 400m Open Walk	Finals	10:30	49	Men Long Jump Standing Band A	Finals
11:15	7	Men 100m LD Band A	Heats	10:30	50	Women Soft Ball Band A	Finals
11:25	8	Men 100m LD Band B	Heats	10:30	51	Men Long Jump Band A	Finals
11:35	9	Men 100m PD	Finals	10:30	52	Men Shot Put 4kg Band A	Finals
11:40	9	Women 100m PD	Finals	11:30	53	Mixed Seated Club Throw	Finals
11:45	10	Women 100m LD	Heats	11:30	54	Women Soft Ball Band B	Finals
11:55	11	Men 100m Wheelchair	Finals	11:30	55	Men Long Jump Band B	Finals
12:00	12	Women 100m Wheelchair	Finals	11:30	56	Men Long Jump Standing Band B	Finals
12:05	13	Mixed 100m Race Runner	Finals	11:30	57	Men Shot Put 5kg	Finals
12:10	14	Mixed 100m Open Walk	Finals	12:15	58	Women Long Jump Standing	Finals
12:15	15	Men 100m LD Band A	Finals	12:15	59	Men Soft Ball Band B	Finals
12:20	16	Men 100m LD Band B	Finals	12:15	60	Mixed Seated Discus	Finals
12:25	17	Women 100m LD	Finals	12:15	61	Women Shot Put 4kg	Finals
12:30	18	Men 1500m LD	Finals	12:15	62	Men Shot Put 7.26kg	Finals
12:35	19	Mixed 1500m Wheelchair	Finals	12:15	63	Men Shot Put 6kg	Finals
12:40	20	Men 400m LD Band A	Finals	13:30	64	Women Shot Put 3kg	Finals
Lunch				13:30	65	Men Soft Ball Band A	Finals
13:00	21	Men 200m LD Band A	Heats	13:30	66	Women Long Jump Band A	Finals
13:10	22	Men 200m LD Band B	Heats	13:30	67	Seated Javelin	Finals
13:15	23	Men 200m PD	Finals	14:15	68	Men Shot Put 3kg	Finals
13:20	23	Women 200m PD	Finals	14:15	69	Seated Shot Put	Finals
13:25	24	Women 200m LD	Heats	14:15	70	Men Javelin 600g	Finals
13:35	25	Men 200m Wheelchair	Finals	14:15	71	Women Javelin 600g	Finals
13:40	25	Women 200m Wheelchair	Finals	14:15	72	Men Javelin 800g	Finals
13:45	26	Mixed 200m Race Runner	Finals	14:15	73	Men Javelin 700g	Finals
13:50	27	Men 50m LD Band A	Heats	14:45	74	Men Shot Put 4kg Band B	Finals
14:00	28	Men 50m LD Band B	Heats				
14:10	29	Women 50m LD	Heats				
14:20	30	Mixed 50m PD / RR	Finals				
14:25	31	Men 200m LD Band A	Finals				
14:30	32	Men 200m LD Band B	Finals				
14:35	33	Women 200m LD	Finals				
14:40	34	Men 50m LD Band A	Finals				
14:45	35	Men 50m LD Band B	Finals				
14:50	36	Women 50m LD	Finals				
14:55	37	Men 800m Wheelchair	Finals				
15:00	37	Women 800m Wheelchair	Finals				
15:05	38	Mixed 800m Race Runner	Finals				
15:10	39	Men 800m LD	Finals				
15:15	40	Women 800m LD	Finals				
15:20	41	Mixed 4x100m Relay	Finals				
15:25	42	Mixed 4x400m Relay	Finals				

Note: some events may be combined across bands/genders. Medals will be awarded separately in each of the categories listed on the timetable.

Medals will be awarded as soon as possible after each event, so all medal winners should report to the presentations tent immediately following their event.

If Heats are not required FINALS will be run at HEAT time.