2018 Senior/U20 Timetable - Day 1					
Event No.	Event	Age Group	Gender	Stage	Event Starts
T1	400m	Sen	Men	Heats	11.00
T2	400m	Sen	Women	Heats	11.20
T3	400m	U20	Men	Heats	11.35
T4	100m	Sen	Men	Heats	12.00
T5	100m	Sen	Women	Heats	12:30
T6	100m	U20	Men	Heats	12:45
T7	100m	U20	Women	Heats	12.55
T8	5000m	Sen	Men	Final	13:10
T9	400m	Sen	Men	S/F	13:35
T10	100m	Sen	Men	S/F	13:50
T11	1500m	Sen	Men	Heats	14:10
T12	1500m	Sen	Women	Heats	14:26
T13	1500m	U20	Men	Heats	14:38
T14	1500m	U20	Women	Final	14:50
T15	110m Hurdles	Sen	Men	Final	15:05
T16	110m Hurdles	U20	Men	Final	15.10
T17	100m Hurdles	Sen	Women	Heats	15.15
T18	100m Hurdles	U20	Women	Final	15:25
T19	400m Ambulant	All	M/W	Final	15:35
T20	Race Running	All	M/W	Final	15:40
T21	400m	Sen	Men	Final	15:45
T22	400m	Sen	Women	Final	15:50
T23	400m	U20	Men	Final	15:55
T24	400m	U20	Women	Final	16:00
T25	3000m S/chase	Sen	Men	Final	16:10
T26	100m Hurdles	Sen	Women	Final	16:30
T27	100m	Sen	Women	Final	16:40
T28	100m	U20	Men	Final	16:45
T29	100m	U20	Women	Final	16:50
T30	100m	Sen	Men	Final	16:55
T31	100m Ambulant	All	Women	Final	17:00
T32	100m Ambulant	All	Men	Final	17:05
T33	1500m	Sen	Women	Final	17:15
T34	1500m	Sen	Men	Final	17:23
T35	1500m	U20	Men	Final	17:31
Event No.	Event	Age Group	Gender	Stage	Event Starts
F1	Seated Discus	All	M/W	Final	10:15
F2	Long Jump	U20	Women	Final	10:30
F3	Pole Vault	U20	Men	Final	11:00
F4	Seated Club	All	M/W	Final	11:15
F5	Long Jump	U20	Men	Final	12:00
F6	Discus	U20	Women	Final	12:15
F7	Triple Jump	Sen	Women	Final	12:55
F8	Shot Put	Sen	Men	Final	13:10
F9	Hammer	Sen	Women	Final	13:20
F10	High Jump	Sen	Men	Final	14:00

F11	Hammer	Sen	Men	Final	14:30
F12	Pole Vault	U20	Women	Final	14:30
F13	Seated shot	All	M/W	Final	14:30
F14	High Jump	Sen	Women	Final	14:45
F15	Discus	U20	Men	Final	15:25
F16	Shot Put	Sen	Women	Final	16:00
F17	Triple Jump	Sen	Men	Final	16:15
F18	Javelin	U20	Women	Final	16:15