

DAY 0 - Friday Afternoon, 20 June 2014			
13:00	100m B-race	W	1
13:07	100m B-race	W	2
13:14	100m B-race	M	1
13:21	100m B-race	M	2
14:20	4x100m extra race	W	1
14:27	4x100m extra race	M	1

B races are not open to the public

DAY 1 - Saturday Afternoon, 21 June 2014			
12:30	Hammer Throw	M	1-3
12:35	Pole Vault	W	
12:42	Shot Put	M	
13:00	100m	W	1
13:07	100m	W	2
13:21	4. Hammer Throw	M	4
13:27	4. Shot Put	M	4
13:35	400m H	M	1
13:42	400m H	M	2
13:50	Triple Jump	W	1-3
13:54	100m	M	1
14:00	100m	M	2
14:05	Discus Throw	W	1-3
14:10	400m	M	1
14:16	400m	M	2
14:22	800m	W	
14:29	High Jump	M	
14:32	3000m	W	
14:47	4. Triple Jump	W	4
14:53	4. Discus Throw	W	4
15:01	400m H	W	1
15:07	400m H	W	2
15:18	1500m	M	
15:29	3000m SC	W	
15:33	Long Jump	M	1-3
15:46	400m	W	1
15:52	Javelin Throw	W	1-3
15:54	400m	W	2
16:00	5000m	M	
16:20	4 x 100m Relay	W	1
16:28	4 x 100m Relay	W	2
16:32	4. Long Jump	M	4
16:38	4. Javelin Throw	W	4
16:45	4 x 100m Relay	M	1
16:51	4 x 100m Relay	M	2

DAY 2 - Sunday Afternoon, 22 June 2014			
12:30	Javelin Throw	M	1-3
12:37	Shot Put	W	1-3
12:45	High Jump	W	
13:00	110m H	M	1
13:07	110m H	M	2
13:21	4. Javelin Throw	M	4
13:27	4. Shot Put	W	4
13:35	100m H	W	1
13:42	100m H	W	2
13:50	Triple Jump	M	1-3
13:58	800m	M	
14:05	Hammer Throw	W	1-3
14:08	1500m	W	
14:15	Pole Vault	M	
14:22	3000m SC	M	
14:38	200m	W	1
14:44	200m	W	2
14:47	4. Triple Jump	M	4
14:55	4. Hammer Throw	W	4
15:05	200m	M	1
15:11	200m	M	2
15:31	5000m	W	
15:35	Long Jump	W	1-3
15:40	Discus Throw	M	1-3
15:55	3000m	M	
16:12	4 x 400m Relay	W	1
16:22	4 x 400m Relay	W	2
16:29	4. Discus Throw	M	4
16:34	4. Long Jump	W	4
16:42	4 x 400m Relay	M	1
16:51	4 x 400m Relay	M	2
17:05	Victory Ceremony	MC	