

# TIMETABLE A - Twilight & State 3,000m Championships (Age)

TRACK		LONG		POLE		DISCUS		HAMMER	
13:30		13:30				13:30	Seated Throws		
13:35		13:35				13:35	(Back warm-up cage)		
13:40		13:40				13:40			
13:45		13:45				13:45			
13:50		13:50				13:50			
13:55		13:55				13:55			
14:00	2k/3k Steeple-Low	14:00				14:00	U14 Men		
14:05	2k - U16/O35 M&W, U18W	14:05	U14 Women			14:05		O35 M&W	
14:10	3k - Open W	14:10				14:10	Saints		
14:15	2k Steeple-Medium	14:15	Flinders			14:15			
14:20	2k - U18 M	14:20				14:20		TTG	
14:25	3k Steeple-High	14:25				14:25			
14:30	3k - Open M	14:30			High Start	14:30			
14:35	AH / Flinders	14:35			All Ages	14:35			
14:40		14:40				14:40			
14:45	3K/1.5km Walk	14:45			Southern	14:45			
14:50	All Ages	14:50				14:50	U16/18 Men		
14:55	SARWC	14:55	U16/18 Women			14:55			
15:00		15:00				15:00	Pembroke		
15:05		15:05	TTG			15:05			
15:10		15:10				15:10			
15:15	110 Hurdles	15:15				15:15			
15:20	Open & U18 Men	15:20				15:20			
15:25	100 Hurdles	15:25				15:25			
15:30	Op&U18 W, U16/O35 M	15:30				15:30			
15:35	90 Hurdles	15:35				15:35			
15:40	U16/O35W, U14M	15:40				15:40	U14/16 Women	Open/U18 M&W	
15:45	80 Hurdles	15:45	U14/16 Men			15:45			
15:50	U14W	15:50				15:50	United Collegians		
15:55	Saints	15:55	Port			15:55		Enfield / Pembroke	
16:00	1500m	16:00				16:00			
16:05	All Ages	16:05				16:05			
16:10	Hills	16:10				16:10			
16:15		16:15				16:15			
16:20		16:20				16:20			
16:25		16:25				16:25	O35 Men		
16:30	100m - FRAME RUNNING	16:30	U18/Open Men		Low Start	16:30			
16:35	100m - WOMEN	16:35			All Ages	16:35	Masters		
16:40		16:40	Port			16:40			
16:45		16:45			Western	16:45			
16:50		16:50				16:50		U14/16 M&W	
16:55		16:55				16:55			
17:00	100m - MEN	17:00				17:00			
17:05		17:05				17:05		Saints	
17:10		17:10				17:10			
17:15		17:15				17:15	U18/Open/O35 W		
17:20		17:20	Open Women			17:20			
17:25		17:25				17:25	Northern / Saints		
17:30	400m - WOMEN	17:30	Western			17:30			
17:35		17:35				17:35			
17:40		17:40				17:40			
17:45		17:45				17:45			
17:50	400m - MEN	17:50				17:50			
17:55		17:55				17:55			
18:00		18:00				18:00			
18:05		18:05				18:05	Open Men		
18:10		18:10	O35 M&W			18:10			
18:15		18:15				18:15			
18:20		18:20	Western			18:20	Northern / Western		
18:25		18:25				18:25			
18:30	State 3000m Championships	18:30				18:30			
18:35	U14/16/18 WOMEN	18:35				18:35			
18:40		18:40				18:40			
18:45	State 3000m Championships	18:45				18:45			
18:50	U14/16/18 MEN	18:50				18:50			
18:55		18:55				18:55			