



Final Timetable

| | |
|--------|--|
| 3:55pm | Women's Race Running 100m - Darren Thrupp Invitational |
| 4:00pm | Men's Pole Vault - CONTINENTAL TOUR SILVER |
| 4:00pm | Women's High Jump - Area Permit |
| 4:00pm | Women's Long Jump - CONTINENTAL TOUR SILVER |
| 4:00pm | Men's 100m - Darren Thrupp Invitational Race 1 & 2 |
| 4:08pm | Women's 100m - Darren Thrupp Invitational Race 1 & 2 |
| 4:20pm | HEATS - Mens 100m - CONTINENTAL TOUR SILVER |
| 4:30pm | Men's Discus - CONTINENTAL TOUR SILVER |
| 4:30pm | Women's Discus - CONTINENTAL TOUR SILVER |
| 4:35pm | HEATS - Women's 100m - Area Permit |
| 4:50pm | Men's 400m - Darren Thrupp Invitational Race 1, 2 & 3 |
| 5:02pm | Women's 400m - Darren Thrupp Invitational Race 1 |
| 5:10pm | Men's 1500m - Darren Thrupp Invitational Race 1 & 2 |
| 5:30pm | Women's 1500m - Darren Thrupp Invitational Race 1 |
| 5:50pm | FINAL - Mens 100m - CONTINENTAL TOUR SILVER |
| 6:00pm | FINAL - Women's 100m - Area Permit |
| 6:05pm | Men's Long Jump - CONTINENTAL TOUR SILVER |
| 6:20pm | Women's 400m - CONTINENTAL TOUR SILVER |
| 6:30pm | Women's Pole Vault - CONTINENTAL TOUR SILVER |
| 6:30pm | Mens 800m - CONTINENTAL TOUR SILVER |
| 6:35pm | Men's High Jump - CONTINENTAL TOUR SILVER |
| 6:40pm | Women's 800m - CONTINENTAL TOUR SILVER |
| 6:50pm | Men's 400m - CONTINENTAL TOUR SILVER |
| 7:00pm | Men's 200m - Area Permit |
| 7:00pm | Women's Javelin - CONTINENTAL TOUR SILVER |
| 7:05pm | Women's 200m - CONTINENTAL TOUR SILVER |
| 7:17pm | Men's 110m Hurdles - CONTINENTAL TOUR SILVER |
| 7:27pm | Women's 100m Hurdles - CONTINENTAL TOUR SILVER |
| 7:37pm | Women's 3000m Steeplechase - CONTINENTAL TOUR SILVER |
| 7:52pm | Men's 3000m Steeplechase - CONTINENTAL TOUR SILVER |