





SATURDAY

12:00	WOMENS
	60M HEATS
12:30	MENS
	TRIPLE JUMP FINAL
12:35	MENS
	60M HEATS
13:15	WOMENS
	400M HEATS
13:45	WOMENS
	POLE VAULT FINAL
13:50	MENS
	400M HEATS
14:25	WOMENS
	60M HURDLES HEATS
15:00	WOMES
	60M SEMI-FINALS
15:15	MENS
	60M SEMI-FINALS
15:34	WOMENS
	TRIPLE JUMP FINAL
15:37	MENS
	800M HEATS
16:10	WOMENS
	800M HEATS
16:40	WOMENS
	60M HURDLES FINAL
16:50	WOMENS
	60M FINAL
17:00	MENS
	60M FINAL
17:10	MENS
	1500M HEATS
17:27	MENS
	HIGH JUMP FINAL
17:30	WOMENS
	3000M FINAL
17:45	WOMENS
	400M SEMI-FINALS
17:57	MENS
	SHOT PUT FINAL
18:00	MENS
	400M SEMI-FINALS
18:15	WOMENS
	1500M HEATS

*Correct as of 4th January 2019

SPAR (A)











SUNDAY

12:00	WOMENS
	SHOT PUT FINAL
12:25	MENS
	POLE VAULT FINAL
12:30	MENS
	200M HEATS
13:00	WOMENS
	200M HEATS
13:25	MENS
	LONG JUMP FINAL
13:30	MENS
	60M HURDLES HEATS
13:55	WOMENS
	5000M WALK FINAL
14:30	MENS
	5000M WALK FINAL
15:00	MENS
	60M HURDLES FINAL
15:10	MENS
	200M SEMI-FINALS
15:22	WOMENS
	200M SEMI-FINALS
15:32	WOMENS
	LONG JUMP FINAL
15:35	MENS
15.45	1500M FINALS
15:45	WOMENS High Jump Final
15:48	MENS
	400M FINAL
15:58	WOMENS
	400M FINAL
16:08	MENS
	800M FINAL
16:18	MENS
	3000M FINAL
16:34	MENS
	200M FINAL
16:44	WOMENS
	200M FINAL
16:54	WOMENS
	800M FINALS
17:05	WOMENS
	1500M FINAL