

**2019 TRACK AND FIELD PROGRAM OF EVENTS FINALS EVENING
TUESDAY 10 SEPTEMBER, LAKESIDE STADIUM**

Time	Event No	Year	Distance
5.00	1	7	Shot Put (3kg)
5.00	2	8	Triple Jump
5.00	3	9	Javelin (500g)
5.00	4	10	High Jump Pit 1
5.00	5	11	Discus (1kg)
5.00	6	12	Long Jump
5.00	7	MC	Long Jump
5.10	8	7	800m
5.14	9	8	800m
5.18	10	9	800m
5.22	11	10	800m
5.26	12	11	800m
5.30	13	12	800m
5.34	14	MC	800m
5.35	15	7	Long Jump
5.35	16	8	Shot Put (3kg)
5.35	17	9	Triple Jump
5.35	18	10	Javelin (500g)
5.35	19	11	High Jump Pit 2
5.35	20	12	Discus (1kg)
5.40	21	7	100m
5.42	22	8	100m
5.44	23	9	100m
5.46	24	10	100m
5.48	25	11	100m
5.50	26	12	100m
5.52	27	MC	100m
6.00	28	7	400m
6.03	29	8	400m
6.06	30	9	400m
6.09	31	10	400m
6.10	32	7	Discus (1kg)
6.10	33	8	Long Jump
6.10	34	9	Shot Put (3kg)
6.10	35	10	Triple Jump
6.10	36	11	Javelin (500g)
6.10	37	12	High Jump Pit 1
6.10	38	MC	Shot Put
6.12	39	11	400m
6.15	40	12	400m
6.25	41	7	80m Hurdles
6.28	42	8	80m Hurdles

Time	Event No	Year	Distance
6.31	43	9	90m Hurdles
6.34	44	10	90m Hurdles
6.37	45	11	90m Hurdles
6.40	46	12	90m Hurdles
6.45	47	7	High Jump Pit 2
6.45	48	8	Discus (1kg)
6.45	49	9	Long Jump
6.45	50	10	Shot Put (3kg)
6.45	51	11	Triple Jump
6.45	52	12	Javelin (500g)
6.50	53	7	200m
6.53	54	8	200m
6.56	55	9	200m
6.59	56	10	200m
7.02	57	11	200m
7.05	58	12	200m
7.15	59	7	1500m
7.20	60	7	Javelin (400g)
7.20	61	8	High Jump Pit 1
7.20	62	9	Discus (1kg)
7.20	63	10	Long Jump
7.20	64	11	Shot Put (3kg)
7.20	65	12	Triple Jump
7.21	66	8	1500m
7.27	67	9	1500m
7.30	68	9	High Jump Pit 2
7.33	69	10	1500m
7.39	70	11	1500m
7.45	71	12	1500m
7.55	72	8	Javelin (400g)
7.55	73	7	Triple Jump
7.55	74	10	Discus (1kg)
7.55	75	11	Long Jump
7.55	76	12	Shot Put (3kg)
8.00	77	7	4 x 100m Relay
8.05	78	8	4 x 100m Relay
8.08	79	9	4 x 100m Relay
8.11	80	10	4 x 100m Relay
8.14	81	11	4 x 100m Relay
8.17	82	12	4 x 100m Relay
8.20	83	7-9	4 x 200m Relay
8.25	84	7-12	4 x 400m Relay