

Time	Event 1	Event 2
10.00am -11.30am	Shot Put (Women)	Hammer (Men)
11.30am – 1.00pm	Discus (Women)	
1.00pm – 2.30pm	Hammer (Women)	Shot Put (Men)
2.30pm – 4.00pm		Discus (Men)
4.00pm – 5.00pm	Javelin (Combined)	