

Day One Track**Day 1 - Saturday 6/11/2010 - Starting 10:00 AM**

Time	Event	Round
10:00	W50+ 800m	Finals
10:05	W30-49 800m	Finals
10:10	M75+ 800m	Finals
10:15	M65-74 800m	Finals
10:20	M55-64 800m	Finals
10:25	M50 800m	Finals
10:30	M40-49 800m	Finals
10:35	M30-39 800m	Finals
10:50	W40+ 80m Hurdles	Finals
11:05	M70+ 80m Hurdles	Finals
11:20	W30-39 100m Hurdles	Finals
11:20	M60-69 100m Hurdles	Finals
11:35	M55 100m Hurdles	Finals
11:40	M50 100m Hurdles	Finals
11:55	M30-49 110m Hurdles	Finals
12:15	W30+ 1500m Race Walk	Finals
12:30	M30+ 1500m Race Walk	Finals
12:50	W45 100m	Prelims
	M60 100m	Prelims
	M55 100m	Prelims
	M50 100m	Prelims
	M45 100m	Prelims
	M40 100m	Prelims
14:00	W65+ 100m	Finals
14:04	W55-64 100m	Finals
14:08	W50 100m	Finals
14:12	W35-44 100m	Finals
14:16	W30 100m	Finals
14:20	M80+ 100m	Finals
14:24	M75 100m	Finals
14:28	M70 100m	Finals
14:32	M65 100m	Finals
14:36	M35 100m	Finals
14:40	M30 100m	Finals
14:44	W45 100m	Finals
14:48	M60 100m	Finals
14:52	M55 100m	Finals
14:56	M50 100m	Finals
15:00	M45 100m	Finals
15:04	M40 100m	Finals
15:20	W30+ 3000m	Finals
15:50	M60+ 3000m	Finals
16:20	M30-59 3000m	Finals
16:50	W45 200m	Prelims
	M60 200m	Prelims
	M55 200m	Prelims
	M50 200m	Prelims
	M45 200m	Prelims
	M40 200m	Prelims

Day One Field**Day 1 - Saturday 6/11/2010 - Starting 10:00 AM**

Time	Event	Location
10:00	M30-39 Long Jump	Pit 1
	M45 Long Jump	Pit 2
	W40-49 Javelin Throw	Runway 2
	M50 Discus Throw	H Cage
11:00	W30-44 Hammer Throw	H Cage
	M30-44 Discus Throw	D Cage
	M40 Long Jump	Pit 1
	M50 Long Jump	Pit 2
12:20	W45+ Hammer Throw	H Cage
	W55+ Javelin Throw	Runway 2
	M55-64 Long Jump	Pit 1
	M65+ Long Jump	Pit 2
13:50	M70+ Discus Throw	D Cage
	W30-49 High Jump	HJ Pit
	W30-39 Javelin Throw	Runway 1
	M55-69 Discus Throw	H Cage
15:10	M30-49 High Jump	HJ Pit
	M45 Discus Throw	H Cage
	M30-44 Shot Put	Northern Circle
	W50 Javelin Throw	Runway 1
16:30	M45 Shot Put	Northern Circle
	M50-59 Shot Put	Southern Circle
	M60+ Weight Throw	H Cage

Non Stadia**Day 2 - Sunday 7/11/2010 - Starting 7:00 AM**

Time	Event
07:00	W30+ 4k CC
07:00	M30+ 4k CC
07:00	W30+ 8k CC
07:00	M30+ 8k CC
07:00	W30+ 10000m Race Walk Road
07:00	M30+ 10000m Race Walk Road

Day Two Track**Day 2 - Sunday 7/11/2010 - Starting 10:00 AM**

Time	Event	Round
10:00	M55 60m	Prelims
	M45 60m	Prelims
	M40 60m	Prelims
10:45	W65+ 60m	Finals
10:49	W55-64 60m	Finals
10:53	W50 60m	Finals
10:57	W45 60m	Finals
11:01	W35-44 60m	Finals
11:05	W30 60m	Finals
11:09	M80+ 60m	Finals
11:13	M75 60m	Finals
11:17	M70 60m	Finals
11:21	M65 60m	Finals
11:25	M60 60m	Finals
11:29	M50 60m	Finals
11:33	M35 60m	Finals
11:37	M30 60m	Finals
11:41	M55 60m	Finals
11:45	M45 60m	Finals
11:49	M40 60m	Finals
12:30	W50+ 300m Hurdles	Finals
12:45	M70+ 300m Hurdles	Finals
13:00	M60-69 300m Hurdles	Finals
13:15	W30-49 400m Hurdles	Finals
	M50-59 400m Hurdles	Finals
13:30	M30-49 400m Hurdles	Finals
14:30	W65+ 200m	Finals
14:34	W55-64 200m	Finals
14:38	W50 200m	Finals
14:42	W45 200m	Finals
14:46	W35-44 200m	Finals
14:50	W30 200m	Finals
14:54	M80+ 200m	Finals
14:58	M75 200m	Finals
15:02	M70 200m	Finals
15:06	M65 200m	Finals
15:10	M60 200m	Finals
15:14	M55 200m	Finals
15:18	M50 200m	Finals
15:22	M45 200m	Finals
15:26	M40 200m	Finals
15:30	M35 200m	Finals
15:34	M30 200m	Finals
15:45	W30+ 2k Steeplechase	Finals
	M60+ 2k Steeplechase	Finals
16:15	M30-59 3k Steeplechase	Finals
16:45	W45 400m	Prelims
	M55 400m	Prelims
	M50 400m	Prelims
	M45 400m	Prelims
	M40 400m	Prelims

Day Two Field**Day 2 - Sunday 7/11/2010 - Starting 8:00 AM**

Time	Event	Location
08:00	W30 Long Jump	Pit 1
	W35-44 Long Jump	Pit2
	M70+ Hammer Throw	H Cage
	W60+ Shot Put	Northern Circle
09:00	W45-54 Long Jump	Pit 1
	W55+ Long Jump	Pit 2
	M60-69 Hammer Throw	H Cage
	M70+ Javelin Throw	Southern Runway
10:15	W30-39 Discus Throw	H Cage
	W55+ Discus Throw	D Cage
	W40-49 Shot Put	Southern Circle
11:30	W40-54 Discus Throw	H Cage
	W30-39 Shot Put	Northern Circle
	W50-59 Shot Put	Southern Circle
	M60-69 Javelin Throw	Southern Runway
13:00	Throws Pent: #1 M30-49 HT	H Cage
13:45	Throws Pent: #2 M30-49 Shot	Northern Circle
	Throws Pent: #1 M50-59 HT	H Cage
14:30	Throws Pent: #3 M30-49 DT	H Cage
	Throws Pent: #2 M50-59 Shot	Northern Circle
15:15	Throws Pent: #4 M30-49 JT	Southern Runway
	Throws Pent: #3 M50-59 DT	H Cage
16:00	Throws Pent: #5 M30-49 WT	H Cage
	Throws Pent: #4 M50-59 JT	Southern Runway
16:45	Throws Pent: #5 M50-59 WT	H Cage

Day Three Track**Day 3 - Monday 8/11/2010 - Starting 12:00 PM**

Time	Event	Round
12:00	W65+ 400m	Finals
12:04	W50-64 400m	Finals
12:08	W45 400m	Finals
12:12	W40 400m	Finals
12:16	W30-39 400m	Finals
12:20	M80+ 400m	Finals
12:24	M75 400m	Finals
12:28	M70 400m	Finals
12:32	M65 400m	Finals
12:36	M60 400m	Finals
12:40	M55 400m	Finals
12:44	M50 400m	Finals
12:48	M45 400m	Finals
12:52	M40 400m	Finals
12:56	M30-39 400m	Finals
13:30	W30+ 1500m	Finals
13:40	M60+ 1500m	Finals
13:50	M50-59 1500m	Finals
14:00	M30-49 1500m	Finals
14:30	W30+ 3000m Race Walk	Finals
15:00	M30+ 3000m Race Walk	Finals
15:45	W30+ 4x100m Relay	Finals
16:00	M30+ 4x100m Relay	Finals
16:45	W30+ 4x400m Relay	Finals
17:00	M30+ 4x400m Relay	Finals

Day Three Field**Day 3 - Monday 8/11/2010 - Starting 8:00 AM**

Time	Event	Location
08:00	M30-44 Triple Jump	Pit 1
	M45 Triple Jump	Pit 2
	M50-59 Hammer Throw	H Cage
	M45 Javelin Throw	Southern Runway
09:00	M50-64 Triple Jump	Pit 1
	M65+ Triple Jump	Pit 2
	M30-49 Hammer Throw	H Cage
	M50-59 Javelin Throw	Southern Runway
10:30	W30+ Pole Vault	SH > 2m
	M30+ Pole Vault	SH > 2m
	M30-39 Javelin Throw	Southern Runway
	W45+ Weight Throw	H Cage
12:00	M40 Javelin Throw	Southern Runway
	W30-44 Weight Throw	H Cage
	W30+ Pole Vault	SH < 2m
	M30+ Pole Vault	SH < 2m
13:00	Throws Pent: #1 M60-74 HT	H Cage
13:45	Throws Pent: #2 M60-74 Shot	Northern Circle
	Throws Pent: #1 M75+ HT	H Cage
14:30	Throws Pent: #3 M60-74 DT	H Cage
	Throws Pent: #2 M75+ Shot	Northern Circle
15:15	Throws Pent: #4 M60-74 JT	Southern Runway
	Throws Pent: #3 M75+ DT	H Cage
16:00	Throws Pent: #5 M60-74 WT	H Cage
	Throws Pent: #4 M75+ JT	Southern Runway
16:45	Throws Pent: #5 M75+ WT	H Cage

Day Four Track**Day 4 - Tuesday 9/11/2010 - Starting 7:30 AM**

Time	Event	Round
07:30	W30+ 5000m	Finals
08:15	M55+ 5000m	Finals
09:00	M30-54 5000m	Finals
09:45	W30+ 5000m Race Walk	Finals
10:30	M30+ 5000m Race Walk	Finals
11:30	W65+ 300m	Finals
11:34	W60 300m	Finals
11:38	W50-59 300m	Finals
11:42	W45 300m	Finals
11:46	W30-44 300m	Finals
11:50	M80+ 300m	Finals
11:54	M75 300m	Finals
11:58	M70 300m	Finals
12:02	M65 300m	Finals
12:06	M60 300m	Finals
12:14	M55 300m	Finals
12:18	M50 300m	Finals
12:26	M45 300m	Finals
12:34	M40 300m	Finals
12:40	M30-39 300m	Finals

Day Four Field**Day 4 - Tuesday 9/11/2010 - Starting 7:30 AM**

Time	Event	Location
07:30	W30-44 Triple Jump	Pit 1
	W45+ Triple Jump	Pit 2
	M60-69 Shot Put	Northern Circle
	M45-59 Weight Throw	H Cage
08:30	M30-44 Weight Throw	H Cage
08:50	M65+/W50+ High Jump	HJ Pit 1
	M50-64 High Jump	HJ Pit 2
	M70+ Shot Put	Northern Circle
09:20	Throws Pent: #1 W30-44 HT	H Cage
10:05	Throws Pent: #2 W30-44 Shot	Northern Circle
	Throws Pent: #1 W45+ HT	H Cage
10:50	Throws Pent: #3 W30-44 DT	H Cage
	Throws Pent: #2 W45+ Shot	Northern Circle
11:35	Throws Pent: #4 W30-44 JT	Northern Runway
	Throws Pent: #3 W45+ DT	H Cage
12:20	Throws Pent: #5 W30-44 WT	H Cage
	Throws Pent: #4 W45+ JT	Northern Runway
13:05	Throws Pent: #5 W45+ WT	H Cage