

# GOLD COAST INVITATIONAL

M	4x100m	11:00	[REDACTED]	High Jump	M & F	11:00	
F	4x100m	11:05		Javelin	M & F	11:00	
				LJ	W	11:00	
M	400m	11:15					
F	400m	11:20					
M	110m Hurdles	11:40					
F	100m Hurdles	11:50					
M	800m	12:05					
F	800m	12:10					
M	4x100	12:20			Discus	M & F	12:45
F	4x100	12:30			LJ	M	12:45
M	3000m	12:35					
W	3000m	12:45					
M & F	5000m Race Walk	13:00			Pole Vault*	M & F	13:00
M	100m	13:35					
M+F	100m Race Running	13:40					
W	100m	13:45					
M	400m Hurdles	14:05			Shot Put	M & F	14:30
F	400m hurdles	14:15			TJ	M & F	14:30
M	200m	14:30					
F	200m	14:40					
F	3000m Steeplchase	15:00					

# FINAL TIMETABLE