

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	20	21	22	23	24	25	26
Track						100m Pre & S	100m F
		800m Pre	800m Pre			800m S	800m F
		5000m	5000m 35-55	5000m 60+			
	5000m RW 35-45, 70+	5000m RW 50-65		Long Hurdles S		Long Hurdles F	Short Hurdles Pre & S
		5000m RW 75+	5000m RW 35-55	5000m RW 60-70			
Jumps							
						Long Jump 35-55	
							Triple Jump 35-50
Throws						Shot Put 70+	Shot Put 35-55
	Discus 70+			Discus 35-55			Discus 55-65
	Javelin 60+					Javelin 55-65	Javelin 35-50
	Hammer 35-50					Hammer 35-55	Hammer 60+
			Weight Throw 35-50	Weight Throw 55-65		Weight Throw 60+	Weight Throw 70+
Combined	Decathlon 55-65	Decathlon 55-65	Decathlon 35-50	Decathlon 35-50			
Events		Decathlon 70+	Decathlon 70+				
	Heptathlon 35-55	Heptathlon 35-55	Heptathlon 60+	Heptathlon 60+			
Non	Cross				General	10K Road	10K Road Race
Stadia	Country				Assembly	Racewalk	

Men Women
Please verify with the top schedules

Age groups are indicated - eg 35-50 is 35, 40, 45, 50

Mon	Tue	Wed	Thur	Fri	Sat
27	28	29	30	31	1
	200m Pre & S		200m F		Steeple
400m Pre			400m S	400m F	
	1500m Pre		1500m F		Relays
Short Hurdles F					4X100
					4X400
High Jump 35-55	High Jump 60+		High Jump 35-50	High Jump 55-65	High Jump 70+
Pole Vault 55-65	Pole Vault 70+		Pole Vault	Pole Vault 35-50	
Long Jump 35-50	Long Jump 55-65		Long Jump 70+	Long Jump 60+	
Triple Jump 60+	Triple Jump 35-55		Triple Jump 55-65	Triple Jump 70+	
Shot Put 35-65	Shot Put 60+				
Discus 60+	Discus 35-50				
Javelin 35-55	Javelin 70+				
Hammer 70+	Hammer 55-65				
	Weight Throw 35-55				
			Throws Pent 35-50	Throws Pent 55-65	Throws Pent 70+
			Throws Pent 35-55	Throws Pent 60+	
	Athlete's Party	Regional	20K Road		Half
		Meetings	Racewalk		Marathon
			Men	Women	