Competition schedule - Men

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90+
100m Heats	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	-	-
100m Semi-finals	29.07	29.07	29.07	29.07	29.07	29.07	-	-	-	-	-	-
100m Finals	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07
200m Heats	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	-	-
200m Semi-finals	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	-	-	-	-
200m Finals	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08
400m Heats	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	-	-	-
400m Semi-finals	31.07	-	31.07	31.07	31.07	31.07	-	-	-	-	-	-
400m Finals	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08
800m Heats	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	-	-	-	-
800m Semi-finals	-	-	-	04.08	04.08	-	-	-	-	-	-	-
800m Finals	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08
1,500m Heats	29.07	29.07	29.07	29.07	29.07	29.07	29.07	-	-	-	-	-
1,500m Finals	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07
5,000m (ABC)	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08
10,000m	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07
80/100/110m Hurdles – Heats	-	02.08	02.08	02.08	02.08	02.08	02.08	02.08	-	-	-	-
80/100/110m Hurdles – Final	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08
200/300/400m Hurdles – Heats	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	-	-	-	-
200/300/400m Hurdles – Finals	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07
Steeplechase	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07
Race Walk – Track	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07
Race Walk – Road	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08	03.08
Half Marathon	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08
Long Jump	06.08	06.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08
High Jump	04.08	04.08	04.08	04.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08
Pole Vault	31.07	31.07	31.07	31.07	31.07	31.07	03.08	03.08	03.08	29.07	29.07	29.07
Triple Jump	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07
Shot Put	29.07	29.07	29.07	29.07	30.07	30.07	30.07	03.08	03.08	03.08	03.08	03.08
Javelin Throw	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07	31.07
Discus Throw	28.07	28.07	30.07	30.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07	29.07
Hammer Throw	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08	02.08
Weight Throw	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07
Throwing Pentathlon	04.08	04.08	04.08	04.08	04.08	04.08	04.08	04.08	06.08	06.08	06.08	06.08
Multi Event – Day 1	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07	27.07
Multi Event – Day 2	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07	28.07
4x100m Relay	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08	05.08
4x400m Relay	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08	06.08
4 km cross-country running	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07	30.07