

## APES GAMES 2023 - TRACK AND FIELD - MAY BE SUBJECT TO CHANGE

TRACK			FIELD		
WEDNESDAY 8TH MARCH 2023			WEDNESDAY 8TH MARCH 2023		
Time	Event	Age Group(s)	Time	Event	Age Group(s)
08.00am	5000m Final (W)	ALL	08.00am	Triple Jump (M)	ALL
			08.45am	High Jump (W)	ALL
08.45am	5000m Final (M)	ALL			
			09.30am	Shot Put (W)	ALL
			09.30am	Javelin (M)	18-44 / 50+
			10.45am	Triple Jump (W)	ALL
11.30am	200m Final (W)	18-29 / 40-44			
11.35am	200m Final (W)	35-39 / 45-49			
11.40am	200m Final (W)	55-59 / 60-64			
11.45am	200m Final (M)	55-59 / 60-64 / 75-79 / 80+	11.45pm	Javelin (W)	ALL
11.50am	200m Final (M)	50-54 / 65-69			
11.55am	200m SF 1 (M)	45-49			
12.00pm	200m SF 2 (M)	45-49			
12.05pm	200m Final (M)	40-44			
12.10pm	200m Final (M)	30-34			
12.15pm	200m Final (M)	18-29 / 35-39			
			12.20pm	High Jump (M)	ALL
2.00pm	800m Final (W)	ALL			
2.10pm	800m Final (M)	50+			
2.20pm	800m Final (M)	18-49			
2.30pm	3000 Walk (W)	ALL			
3.20pm	200m Final (M)	45-49			
4.00pm	4 x 200m Relays	ALL			

