

<b>Time</b>	<b>Gender</b>	<b>Event</b>	<b>Series</b>
2:00pm	Women	100m	Heat 1
2:05pm	Women	100m	Heat 2
2:20pm	Men	100m	Heat 1
2:25pm	Men	100m	Heat 2
<b>2:30pm</b>	<b>Women</b>	<b>Triple Jump</b>	<b>Final</b>
<b>2:35pm</b>	<b>Women</b>	<b>1500m</b>	<b>Final</b>
<b>START OF LIVE TV FEED (3hrs)</b>			
3:00pm	Boys	rLG 4X100m Boys Relay Championship	Relay
3:10pm	Girls	rLG 4X100m Girls Relay Championship	Relay
<b>3:20pm</b>	<b>Men</b>	<b>400m</b>	<b>Final</b>
<b>3:30pm</b>	<b>Men</b>	<b>800m</b>	<b>Final</b>
<b>3:30pm</b>	<b>Men</b>	<b>Javelin</b>	<b>Final</b>
<b>3:45pm</b>	<b>Women</b>	<b>100m</b>	<b>Final</b>
<b>3:55pm</b>	<b>Men</b>	<b>100m</b>	<b>Final</b>
<b>4:15pm</b>	<b>Men</b>	<b>Long Jump</b>	<b>Final</b>
<b>4:05pm</b>	<b>Men</b>	<b>3000m</b>	<b>Final</b>
<b>4:30pm</b>	<b>Women</b>	<b>400m Hurdles</b>	<b>Final</b>
<b>4:50pm</b>	<b>Men</b>	<b>110m Hurdles</b>	<b>Final</b>
<b>5:00pm</b>	<b>Women</b>	<b>100m Hurdles</b>	<b>Final</b>
5:20pm	Mixed	rLG 60m Media Sprint Challenge	Dash
5:30pm	Boys	rLG 60m Primary School Boys Challenge	Dash
5:35pm	Girls	rLG 60m Primary School Girls Challenge	Dash
5:45pm	Boys	rLG 4X400m Boys Relay Championship	Relay
<b>5:55pm</b>	<b>Women</b>	<b>200m</b>	<b>Final</b>
<b>6:00pm</b>	<b>Men</b>	<b>200m</b>	<b>Final</b>