

**Oceania Athletics Championships – Timetable**
**Timetable as at 6th May 2026 - Subject to Change following the Technical Meeting on the 14th May**

| <b>Session: 1 Track - Monday 18th May</b> |   |              |              |
|---|---|--------------|--------------|
| <b>Starts at</b>                          | <b>Round</b>                                  | <b>Round</b> | <b>Heats</b> |
| 10:00 AM                                  | Men 30-84 3000 Metre Masters                  | Finals       | 1            |
| 10:00 AM                                  | Women 30-89 3000 Metre Masters                | Finals       | 1            |
| 10:25 AM                                  | Women 2000 Metre Steeplechase 0.762m Under 18 | Finals       | 1            |
| 10:40 AM                                  | Men 2000 Metre Steeplechase 0.838m Under 18   | Finals       | 1            |
| 11:00 AM                                  | Men 400 Metre Senior                          | Prelims      | 3            |
| 11:15 AM                                  | Women 400 Metre Senior                        | Prelims      | 2            |
| 11:30 AM                                  | Men 100 Metre Under 18                        | Prelims      | 2            |
| 11:40 AM                                  | Women 100 Metre Under 18                      | Prelims      | 1            |
| 11:50 AM                                  | Men 100 Metre Para AMB                        | Prelims      | 4            |
| 12:15 PM                                  | Women 100 Metre Para AMB                      | Prelims      | 3            |
| 3:25 PM                                   | Men 100 Metre Seeding Round Senior            | Finals       | 0            |
| 3:40 PM                                   | Women 100 Metre Senior                        | Prelims      | 3            |
| 4:00 PM                                   | Men 800 Metre Under 18                        | Finals       | 1            |
| 4:10 PM                                   | Women 800 Metre Under 18                      | Finals       | 1            |
| 4:20 PM                                   | Men 30-89 60 Metre Masters                    | Finals       | 3            |
| 4:55 PM                                   | Women 30-89 60 Metre Masters                  | Finals       | 3            |
| 5:10 PM                                   | Women 400 Metre Hurdles 0.762m Under 18       | Finals       | 2            |
| 5:22 PM                                   | Men 400 Metre Hurdles 0.838m Under 18         | Finals       | 1            |
| 5:35 PM                                   | Men 100 Metre Para AMB                        | Finals       | 1            |
| 5:40 PM                                   | Women 100 Metre Para AMB                      | Finals       | 1            |
| 5:45 PM                                   | Men 100 Metre Para W/S                        | Finals       | 1            |
| 5:50 PM                                   | Women 100 Metre Para W/S                      | Finals       | 1            |
| 5:55 PM                                   | Men 100 Metre Under 18                        | Finals       | 1            |
| 6:00 PM                                   | Women 100 Metre Under 18                      | Finals       | 1            |
|   |   |              |              |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 2 Field - Monday 18th May</b> |                                  |              |              |
|---|----------------------------------|--------------|--------------|
| <b>Starts at</b>                          | <b>Round</b>                     | <b>Round</b> | <b>Heats</b> |
| 8:15 AM                                   | Women 50-89 Javelin Masters      | Finals       | 1            |
| 8:35 AM                                   | Women Shot Put Para W/S          | Finals       | 1            |
| 9:20 AM                                   | Women High Jump Under 18         | Finals       | 1            |
| 9:30 AM                                   | Women Long Jump Para AMB         | Finals       | 1            |
| 9:45 AM                                   | Women 30-49 Javelin 600g Masters | Finals       | 1            |
| 11:00 AM                                  | Men 30-89 Long Jump Masters      | Finals       | 1            |
| 11:00 AM                                  | Men Shot Put Para W/S            | Finals       | 1            |
| 11:15 AM                                  | Women Javelin Para AMB           | Finals       | 1            |
| 11:30 AM                                  | Men Hammer 7.26kg Senior         | Finals       | 1            |
| 2:15 PM                                   | Men Javelin Para AMB             | Finals       | 1            |
| 2:20 PM                                   | Men Long Jump Para AMB           | Finals       | 1            |
| 2:35 PM                                   | Men 40-79 Weight Throw Masters   | Finals       | 1            |
| 2:40 PM                                   | Men High Jump Under 18           | Finals       | 1            |
| 3:00 PM                                   | Men Shot Put 5kg Under 18        | Finals       | 1            |
| 4:30 PM                                   | Men Long Jump Senior             | Finals       | 1            |
| 4:40 PM                                   | Women Javelin 600g Senior        | Finals       | 1            |
| 5:00 PM                                   | Women Shot Put 3kg Under 18      | Finals       | 1            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 3 Track - Tuesday 19th May</b> |  |              |              |
|--|--|--------------|--------------|
| <b>Starts at</b>                           | <b>Round</b>                             | <b>Round</b> | <b>Heats</b> |
| 9:50 AM                                    | Men 30-89 3000 Metre Race Walk Masters   | Finals       | 1            |
| 9:50 AM                                    | Women 30-89 3000 Metre Race Walk Masters | Finals       | 1            |
| 10:35 AM                                   | Men 400 Metre Under 18                   | Prelims      | 2            |
| 10:50 AM                                   | Women 400 Metre Under 18                 | Prelims      | 2            |
| 11:05 AM                                   | Men 200 Metre Para AMB                   | Prelims      | 4            |
| 11:20 AM                                   | Women 200 Metre Para AMB                 | Prelims      | 3            |
| 11:45 AM                                   | Women 200 Metre Para W/S                 | Finals       | 1            |
| 12:00 PM                                   | Women 30-89 100 Metre Masters            | Finals       | 3            |
| 12:15 PM                                   | Men 30-89 100 Metre Masters              | Finals       | 3            |
| 3:30 PM                                    | Men 100 Metre Senior                     | Prelims      | 4            |
| 3:55 PM                                    | Men 200 Metre Para AMB                   | Finals       | 1            |
| 4:05 PM                                    | Women 200 Metre Para AMB                 | Finals       | 1            |
| 4:15 PM                                    | Men 400 Metre Under 18                   | Finals       | 1            |
| 4:25 PM                                    | Women 400 Metre Under 18                 | Finals       | 1            |
| 4:35 PM                                    | Women 400 Metre Senior                   | Finals       | 1            |
| 4:45 PM                                    | Men 400 Metre Senior                     | Finals       | 1            |
| 4:55 PM                                    | Women 100 Metre Senior                   | Semis        | 2            |
| 5:10 PM                                    | Women 1500 Metre Under 18                | Finals       | 1            |
| 5:20 PM                                    | Men 1500 Metre Under 18                  | Finals       | 1            |
| 5:30 AM                                    | Women 4x100 Metre Relay Under 18         | Finals       | 1            |
| 5:40 AM                                    | Men 4x100 Metre Relay Under 18           | Finals       | 1            |
| 5:52 PM                                    | Men 1500 Metre Senior                    | Finals       | 1            |
| 6:02 PM                                    | Women 1500 Metre Senior                  | Finals       | 1            |
| 6:15 PM                                    | Women 100 Metre Senior                   | Finals       | 1            |
|  |  |              |              |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 4 Field - Tuesday 19th May</b> |  |              |              |
|--|--|--------------|--------------|
| <b>Starts at</b>                           | <b>Round</b>                             | <b>Round</b> | <b>Heats</b> |
| 8:45 AM                                    | Men 30-79 Hammer Masters                 | Finals       | 1            |
| 9:00 AM                                    | Women Javelin Para W/S                   | Finals       | 1            |
| 9:00 AM                                    | Women Club Throw 397g Para W/S           | Finals       | 1            |
| 10:00 AM                                   | Women 30-49 Weight Throw 9.080kg Masters | Finals       | 1            |
| 10:05 AM                                   | Women 30-89 High Jump Masters            | Finals       | 1            |
| 10:15 AM                                   | Men Javelin Under 18                     | Finals       | 1            |
| 10:40 AM                                   | Men Javelin Para W/S                     | Finals       | 1            |
| 10:40 AM                                   | Men Club Throw 397g Para W/S             | Finals       | 1            |
| 11:15 AM                                   | Women 50-89 Weight Throw Masters         | Finals       | 1            |
| 11:45 AM                                   | Women Javelin 500g Under 18              | Finals       | 1            |
| 2:05 PM                                    | Women Discus 1kg Under 18                | Finals       | 1            |
| 2:30 PM                                    | Men Long Jump Under 18                   | Finals       | 1            |
| 3:35 PM                                    | Men Discus 1.5kg Under 18                | Finals       | 1            |
| 4:40 PM                                    | Women Long Jump Under 18                 | Finals       | 1            |
| 4:50 PM                                    | Men Shot Put 7.26kg Senior               | Finals       | 1            |
| 4:55 PM                                    | Women High Jump Senior                   | Finals       | 1            |
| 5:00 PM                                    | Women Discus 1kg Senior                  | Finals       | 1            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 5 Track - Wednesday 20th May</b> |   |              |              |
|--|---|--------------|--------------|
| <b>Starts at</b>                             | <b>Round</b>                                | <b>Round</b> | <b>Heats</b> |
| 10:00 AM                                     | Women 3000 Metre Under 18                   | Finals       | 1            |
| 10:20 AM                                     | Men 3000 Metre Under 18                     | Finals       | 1            |
| 10:40 AM                                     | Men 400 Metre Para AMB                      | Prelims      | 2            |
| 10:55 AM                                     | Men 30-49 110 Metre Hurdles 0.991m Masters  | Finals       | 1            |
| 11:05 AM                                     | Men 110 Metre Hurdles 0.914m Under 18       | Prelims      | 2            |
| 11:15 AM                                     | Men 50-69 100 Metre Hurdles Masters         | Finals       | 1            |
| 11:25 AM                                     | Women 40-54 80 Metre Hurdles 0.762m Masters | Finals       | 1            |
| 11:35 AM                                     | Women 100 Metre Hurdles 0.762m Under 18     | Prelims      | 2            |
| 2:20 PM                                      | Men 30-89 200 Metre Masters                 | Finals       | 3            |
| 2:35 PM                                      | Women 30-89 200 Metre Masters               | Finals       | 3            |
| 3:00 PM                                      | Women 100 Metre Hurdles 0.762m Under 18     | Finals       | 1            |
| 3:10 PM                                      | Men 110 Metre Hurdles 0.914m Under 18       | Finals       | 1            |
| 3:25 PM                                      | Men 200 Metre Under 18                      | Prelims      | 2            |
| 3:35 PM                                      | Women 200 Metre Under 18                    | Prelims      | 2            |
| 3:50 PM                                      | Men 800 Metre Senior                        | Prelims      | 2            |
| 4:05 PM                                      | Men 400 Metre Hurdles 0.914m Senior         | Prelims      | 2            |
| 4:18 PM                                      | Men 30-84 800 Metre Masters                 | Finals       | 1            |
| 4:25 PM                                      | Women 30-89 800 Metre Masters               | Finals       | 1            |
| 4:33 PM                                      | Men 400 Metre Para AMB                      | Finals       | 1            |
| 4:40 PM                                      | Women 400 Metre Para AMB                    | Finals       | 1            |
| 4:50 PM                                      | Men 100 Metre Senior                        | Semis        | 2            |
| 5:05 PM                                      | Men 3000 Metre Steeplechase 0.914m Under 20 | Finals       | 1            |
| 5:05 PM                                      | Men 3000 Metre Steeplechase 0.914m Senior   | Finals       | 1            |
| 5:25 PM                                      | Men 200 Metre Under 18                      | Finals       | 1            |
| 5:30 PM                                      | Women 200 Metre Under 18                    | Finals       | 1            |
| 5:40 PM                                      | Women 3000 Metre Steeplechase 0.762m Senior | Finals       | 1            |
| 5:58 PM                                      | Mixed 4x400 Metre Relay Under 18            | Finals       | 1            |
| 6:10 PM                                      | Men 100 Metre Senior                        | Finals       | 1            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 6 Field - Wednesday 20th May</b> |                                  |              |              |
|--|----------------------------------|--------------|--------------|
| <b>Starts at</b>                             | <b>Round</b>                     | <b>Round</b> | <b>Heats</b> |
| 8:15 AM                                      | Men 30-49 Discus 2kg Masters     | Finals       | 1            |
| 9:45 AM                                      | Men 50-79 Discus Masters         | Finals       | 1            |
| 9:45 AM                                      | Women 30-49 Shot Put 4kg Masters | Finals       | 1            |
| 10:00 AM                                     | Women Discus Para W/S            | Finals       | 1            |
| 10:00 AM                                     | Men Discus Para W/S              | Finals       | 1            |
| 10:05 AM                                     | Women Triple Jump Under 18       | Finals       | 1            |
| 10:30 AM                                     | Men 30-89 High Jump Masters      | Finals       | 1            |
| 11:30 AM                                     | Women 50-89 Shot Put Masters     | Finals       | 1            |
| 11:40 AM                                     | Men Triple Jump Under 18         | Finals       | 1            |
| 11:45 AM                                     | Women Hammer 3kg Under 18        | Finals       | 1            |
| 11:45 AM                                     | Women Hammer 4kg Under 20        | Finals       | 1            |
| 1:30 PM                                      | Men Hammer 5kg Under 18          | Finals       | 1            |
| 1:30 PM                                      | Men Hammer 6kg Under 20          | Finals       | 1            |
| 2:30 PM                                      | Men Shot Put Para AMB            | Finals       | 1            |
| 3:15 PM                                      | Women Hammer 4kg Senior          | Finals       | 1            |
| 4:30 PM                                      | Women Shot Put Para AMB          | Finals       | 1            |
| 4:45 PM                                      | Men High Jump Senior             | Finals       | 1            |
| 5:00 PM                                      | Men Discus 2kg Senior            | Finals       | 1            |

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| <b>Session: 7 Track - Thursday 21st May</b> |   |              |              |
|---|---|--------------|--------------|
| <b>Starts at</b>                            | <b>Round</b>                            | <b>Round</b> | <b>Heats</b> |
| 2:00 PM                                     | Men 400 Metre Hurdles 0.914m Under 20   | Finals       | 1            |
| 2:08 PM                                     | Women 400 Metre Hurdles 0.762m Under 20 | Finals       | 1            |
| 2:15 PM                                     | Men 30-84 1500 Metre Masters            | Finals       | 1            |
| 2:15 PM                                     | Women 30-89 1500 Metre Masters          | Finals       | 1            |
| 2:32 PM                                     | Men 800 Metre Para AMB                  | Finals       | 1            |
| 2:38 PM                                     | Women 800 Metre Para AMB                | Finals       | 1            |
| 2:45 PM                                     | Men 100 Metre Under 16                  | Finals       | 2            |
| 2:55 PM                                     | Women 100 Metre Under 16                | Finals       | 2            |
| 3:10 PM                                     | Men 30-89 400 Metre Masters             | Finals       | 2            |
| 3:20 PM                                     | Women 30-89 400 Metre Masters           | Finals       | 2            |
| 3:35 PM                                     | Women 200 Metre Senior                  | Prelims      | 3            |
| 3:45 PM                                     | Men 200 Metre Senior                    | Prelims      | 4            |
| 4:07 PM                                     | Women 100 Metre Hurdles 0.838m Senior   | Prelims      | 2            |
| 4:20 PM                                     | Men 110 Metre Hurdles 1.067m Senior     | Prelims      | 2            |
| 4:36 PM                                     | Men 800 Metre Under 16                  | Finals       | 1            |
| 4:36 PM                                     | Men 800 Metre Under 20                  | Finals       | 1            |
| 4:42 PM                                     | Women 800 Metre Under 16                | Finals       | 1            |
| 4:42 PM                                     | Women 800 Metre Under 20                | Finals       | 1            |
| 4:55 PM                                     | Men 100 Metre Under 20                  | Finals       | 1            |
| 5:00 PM                                     | Women 100 Metre Under 20                | Finals       | 1            |
| 5:12 PM                                     | Men 800 Metre Senior                    | Finals       | 1            |
| 5:30 PM                                     | Men 110 Metre Hurdles 1.067m Senior     | Finals       | 1            |
| 5:40 PM                                     | Women 100 Metre Hurdles 0.838m Senior   | Finals       | 1            |
| 5:52 PM                                     | Women 800 Metre Senior                  | Finals       | 1            |
| 6:02 PM                                     | Women 200 Metre Senior                  | Finals       | 1            |
| 6:10 PM                                     | Men 200 Metre Senior                    | Finals       | 1            |

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| <b>Session: 8 Field - Thursday 21st May</b> |                                   |              |              |
|---|-----------------------------------|--------------|--------------|
| <b>Starts at</b>                            | <b>Round</b>                      | <b>Round</b> | <b>Heats</b> |
| 10:00 AM                                    | Women 30-49 Long Jump Masters     | Finals       | 1            |
| 10:05 AM                                    | Women 55-79 Discus Masters        | Finals       | 1            |
| 10:10 AM                                    | Men 30-49 Shot Put 7.26kg Masters | Finals       | 1            |
| 10:30 AM                                    | Women Shot Put 4kg Under 20       | Finals       | 1            |
| 10:30 AM                                    | Women Shot Put 3.00kg Under 16    | Finals       | 1            |
| 11:20 AM                                    | Women 50-89 Long Jump Masters     | Finals       | 1            |
| 11:25 AM                                    | Women 30-54 Discus 1kg Masters    | Finals       | 1            |
| 11:30 AM                                    | Men 50-79 Shot Put Masters        | Finals       | 1            |
| 11:40 AM                                    | Women High Jump Under 20          | Finals       | 1            |
| 11:40 AM                                    | Men High Jump Under 20            | Finals       | 1            |
| 11:45 AM                                    | Men Javelin 700g Under 16         | Finals       | 1            |
| 11:45 AM                                    | Men Javelin 800g Under 20         | Finals       | 1            |
| 3:00 PM                                     | Women Discus 1.00kg Under 16      | Finals       | 1            |
| 3:00 PM                                     | Women Discus 1kg Under 20         | Finals       | 1            |
| 3:15 PM                                     | Men Triple Jump Senior            | Finals       | 1            |
| 4:00 PM                                     | Men Shot Put 4.00kg Under 16      | Finals       | 1            |
| 4:00 PM                                     | Men Shot Put 6kg Under 20         | Finals       | 1            |
| 4:55 PM                                     | Women Long Jump Senior            | Finals       | 1            |
| 5:00 PM                                     | Men Javelin 800g Senior           | Finals       | 1            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 9 Track - Friday 22nd May</b> |  |              |              |
|---|--|--------------|--------------|
| <b>Starts at</b>                          | <b>Round</b>   | <b>Round</b> | <b>Heats</b> |
| 9:30 AM                                   | Women 5000 Metre Race Walk Under 18                  | Finals       | 1            |
| 9:30 AM                                   | Women 5000 Metre Race Walk Senior                    | Finals       | 1            |
| 9:30 AM                                   | Women 30-89 5000 Metre Race Walk Masters             | Finals       | 1            |
| 10:20 AM                                  | Outdoor Pentathlon: #3 Men 35-69 200 Metre Masters   | Finals       | 1            |
| 10:30 AM                                  | Men 5000 Metre Race Walk Under 18                    | Finals       | 1            |
| 10:30 AM                                  | Men 5000 Metre Race Walk Senior                      | Finals       | 1            |
| 10:30 AM                                  | Men 30-89 5000 Metre Race Walk Masters               | Finals       | 1            |
| 11:30 AM                                  | Outdoor Pentathlon: #5 Men 35-69 1500 Metre Master   | Finals       | 1            |
| 1:00 PM                                   | Outdoor Pentathlon: #1 Women 40-79 100 Metre Masters | Finals       | 2            |
| 2:11 PM                                   | Women 90 Metre Hurdles 0.762m Under 16               | Finals       | 1            |
| 2:19 PM                                   | Men 100 Metre Hurdles 0.838m Under 16                | Finals       | 1            |
| 2:27 PM                                   | Women 100 Metre Hurdles 0.838m Under 20              | Finals       | 1            |
| 2:35 PM                                   | Men 110 Metre Hurdles 0.991m Under 20                | Finals       | 1            |
| 2:45 PM                                   | Men 1500 Metre Under 16                              | Finals       | 1            |
| 2:45 PM                                   | Men 1500 Metre Under 20                              | Finals       | 1            |
| 2:55 PM                                   | Women 1500 Metre Under 16                            | Finals       | 1            |
| 2:55 PM                                   | Women 1500 Metre Under 20                            | Finals       | 1            |
| 2:55 PM                                   | Women 1500 Metre Para AMB                            | Finals       | 1            |
| 3:10 PM                                   | Men 400 Metre Under 20                               | Finals       | 1            |
| 3:15 PM                                   | Women 400 Metre Under 20                             | Finals       | 1            |
| 3:30 PM                                   | Men 30-59 3000 Metre Steeplechase 0.838m Masters     | Finals       | 1            |
| 3:50 PM                                   | Women 30-89 2000 Metre Steeplechase 0.762m Masters   | Finals       | 1            |
| 3:50 PM                                   | Men 60-84 2000 Metre Steeplechase 0.762m Masters     | Finals       | 1            |
| 4:10 PM                                   | Women 400 Metre Hurdles 0.762m Senior                | Finals       | 1            |
| 4:20 PM                                   | Men 400 Metre Hurdles 0.914m Senior                  | Finals       | 1            |
| 4:30 PM                                   | Outdoor Pentathlon: #5 Women 40-79 800 Metre Maste   | Finals       | 2            |
| 4:35 PM                                   | Men 200 Metre Under 16                               | Finals       | 2            |
| 4:45 PM                                   | Women 200 Metre Under 16                             | Finals       | 2            |
| 5:00 PM                                   | Men 1500 Metre Para AMB                              | Finals       | 1            |
| 5:15 PM                                   | Women 4x100 Metre Relay Senior                       | Finals       | 1            |
| 5:25 PM                                   | Women 5000 Metre Senior                              | Finals       | 1            |
| 5:45 PM                                   | Men 4x100 Metre Relay Senior                         | Finals       | 3            |
| 5:55 PM                                   | Men 5000 Metre Senior                                | Finals       | 1            |
| 6:15 PM                                   | Mixed 4x400 Metre Relay Senior                       | Finals       | 2            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 10 Field - Friday 22nd May</b> |  |              |              |
|--|--|--------------|--------------|
| <b>Starts at</b>                           | <b>Round</b>   | <b>Round</b> | <b>Heats</b> |
| 8:30 AM                                    | Outdoor Pentathlon: #1 Men 35-69 Long Jump Masters   | Finals       | 1            |
| 9:00 AM                                    | Women 40-89 Hammer Masters                           | Finals       | 1            |
| 9:30 AM                                    | Outdoor Pentathlon: #2 Men 35-69 Javelin Masters     | Finals       | 1            |
| 9:30 AM                                    | Men Long Jump Under 16                               | Finals       | 1            |
| 9:30 AM                                    | Men Long Jump Under 20                               | Finals       | 1            |
| 10:20 AM                                   | Women Javelin 500g Under 16                          | Finals       | 1            |
| 10:20 AM                                   | Women Javelin 600g Under 20                          | Finals       | 1            |
| 11:00 AM                                   | Outdoor Pentathlon: #4 Men 35-69 Discus Masters      | Finals       | 1            |
| 11:00 AM                                   | Women Long Jump Under 16                             | Finals       | 1            |
| 11:00 AM                                   | Women Long Jump Under 20                             | Finals       | 1            |
| 11:35 AM                                   | Men 30-49 Javelin 800g Masters                       | Finals       | 1            |
| 1:30 PM                                    | Outdoor Pentathlon: #2 Women 40-79 Shot Put Masters  | Finals       | 2            |
| 1:35 PM                                    | Men 50-79 Javelin Masters                            | Finals       | 1            |
| 1:45 PM                                    | Men Discus 1.00kg Under 16                           | Finals       | 1            |
| 1:45 PM                                    | Men Discus 1.75kg Under 20                           | Finals       | 1            |
| 2:40 PM                                    | Outdoor Pentathlon: #3 Women 40-79 Long Jump Masters | Finals       | 2            |
| 3:40 PM                                    | Outdoor Pentathlon: #4 Women 40-79 Javelin Masters   | Finals       | 2            |
| 3:45 PM                                    | Men Discus Para AMB                                  | Finals       | 2            |
| 4:00 PM                                    | Women Triple Jump Senior                             | Finals       | 1            |
| 4:45 PM                                    | Women Shot Put 4kg Senior                            | Finals       | 1            |
| 5:20 PM                                    | Women Discus Para AMB                                | Finals       | 1            |

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| <b>Session: 11 Track - Saturday 23rd May</b> |  |              |              |
|--|--|--------------|--------------|
| <b>Starts at</b>                             | <b>Round</b>                                 | <b>Round</b> | <b>Heats</b> |
| 10:00 AM                                     | Men 200 Metre Under 20                       | Prelims      | 1            |
| 10:05 AM                                     | Women 5000 Metre Under 20                    | Finals       | 1            |
| 10:05 AM                                     | Women 30-89 5000 Metre Masters               | Finals       | 1            |
| 10:45 AM                                     | Men 5000 Metre Under 20                      | Finals       | 1            |
| 10:45 AM                                     | Men 30-84 5000 Metre Masters                 | Finals       | 1            |
| 11:25 AM                                     | Women 200 Metre Under 20                     | Finals       | 1            |
| 11:30 AM                                     | Men 200 Metre Under 20                       | Finals       | 1            |
| 11:40 AM                                     | Men 3000 Metre Under 16                      | Finals       | 1            |
| 11:40 AM                                     | Women 3000 Metre Under 16                    | Finals       | 1            |
| 12:00 pm                                     | Men 400 Metre Under 16                       | Finals       | 2            |
| 12:05 pm                                     | Women 400 Metre Under 16                     | Finals       | 1            |
| 12:15 pm                                     | Men 60-69 300 Metre Hurdles 0.762m Masters   | Finals       | 1            |
| 12:15 pm                                     | Women 50-54 300 Metre Hurdles 0.762m Masters | Finals       | 1            |
| 12:30 PM                                     | Women 40-44 400 Metre Hurdles 0.762m Masters | Finals       | 1            |
| 12:30 PM                                     | Men 30-59 400 Metre Hurdles Masters          | Finals       | 1            |
| 12:50 PM                                     | Mixed 30-89 4x100 Metre Relay Masters        | Finals       | 0            |
| 1:00 PM                                      | Mixed 4x400 Metre Relay Under 20             | Finals       | 1            |
| 1:10 PM                                      | Mixed 30-89 4x400 Metre Relay Masters        | Finals       | 0            |

**Oceania Athletics Championships – Timetable**
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| <b>Session: 12 Field - Saturday 23rd May</b> |  |              |              |
|--|--|--------------|--------------|
| <b>Starts at</b>                             | <b>Round</b>   | <b>Round</b> | <b>Heats</b> |
| 8:00 AM                                      | Throws Pentathlon: #1 Men 40-79 Hammer Masters         | Finals       | 1            |
| 8:45 AM                                      | Throws Pentathlon: #1 Women 40-89 Hammer Masters       | Finals       | 2            |
| 8:45 AM                                      | Throws Pentathlon: #2 Men 40-79 Shot Put Masters       | Finals       | 1            |
| 8:45 AM                                      | Men 30-89 Triple Jump Masters                          | Finals       | 1            |
| 9:45 AM                                      | Throws Pentathlon: #2 Women 40-89 Shot Put Masters     | Finals       | 2            |
| 9:50 AM                                      | Throws Pentathlon: #3 Men 40-79 Discus Masters         | Finals       | 1            |
| 10:00 AM                                     | Men High Jump Under 16                                 | Finals       | 1            |
| 10:00 AM                                     | Women High Jump Under 16                               | Finals       | 1            |
| 10:15 AM                                     | Women 30-89 Triple Jump Masters                        | Finals       | 1            |
| 10:30 AM                                     | Throws Pentathlon: #4 Men 40-79 Javelin Masters        | Finals       | 1            |
| 10:50 AM                                     | Throws Pentathlon: #3 Women 40-89 Discus Masters       | Finals       | 2            |
| 11:10 AM                                     | Throws Pentathlon: #5 Men 40-79 Weight Throw Maste     | Finals       | 1            |
| 11:30 AM                                     | Women Triple Jump Under 16                             | Finals       | 1            |
| 11:30 AM                                     | Men Triple Jump Under 16                               | Finals       | 1            |
| 11:30 AM                                     | Women Triple Jump Under 20                             | Finals       | 1            |
| 11:30 AM                                     | Men Triple Jump Under 20                               | Finals       | 1            |
| 11:45 AM                                     | Throws Pentathlon: #4 Women 40-89 Javelin Masters      | Finals       | 2            |
| 12:30 PM                                     | Throws Pentathlon: #5 Women 40-89 Weight Throw Masters | Finals       | 2            |