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| Time | Track | Field |
| 12.00 noon | 3000m Open Men  Tasmanian Championship |  |
| 12.15pm | 3000m Open Women  Tasmanian Championship |  |
| 12.30pm | 3000m U18 U16 U15 Men  Tasmanian Championship |  |
| 12. 45pm | 3000m U18 U16 U15  Tasmanian Championship |  |
| 1.00pm | 400m |  |
| 1.15pm |  | Shotput |
| 1.30pm | 1500m |  |
| 1.45pm | 100m |  |
| 2.00pm |  | Javelin |
| 2.30pm | 200m |  |
| 2.45pm |  | Long Jump |
| 3.00pm | 4 x 800m Relay Open Men Tasmania Championship |  |
| 3.15pm | 4 x 800m Relay Open Women  Tasmanian Championship |  |