

All athletes must declare their intention to compete at least 60mins before their event start time				
Throws Grand Prix				
Event No	Time	Event	Pool	Info
201	09:30	Seated CT/DT	One	
202	09:45	Javelin	One	
203	11:00	Discus	One	
204	11:00	Javelin	Two	
2011	12:15	Seated JT/SP	One	
205	12:30	Discus	Two	
206	13:30	Shot Put	Two	
207	14:00	Hammer	One	
208	14:30	Shot Put	One	
209	15:15	Hammer	Two	
210	15:30	Shot Put	Three	
All athletes will receive 1 warm up and 5 competition trials				