



Regional Superteams 2023

Inverclyde Heat

May 21st

Time	Round	75m	Long Jump 1	Long Jump 2	Turbo Javelin 1	Turbo Javelin 2	
11:00am	1	1	2	3	4	5	6
11:40am	2	3	4	5	6	7	8
12:20pm				Break			
12:50pm	3	5	6	7	8	1	2
1:30pm	4	7	8	1	2	3	4
2:10pm				Relays			
2:45pm				Presentations			