

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on Monday 22nd October

Throws Grand Prix

Event No	Time	Event	Pool	Info
	09:45	Javelin	One	
	10:00	Seated Throws		
	10:00	Discua	Three	
	11:00	Javelin	Three	
	11:15	Discus	Two	
	12:15	Javelin	Two	
	12:15	Shot Put	One	
	12:30	Discus	One	
	14:00	Hammer	Two	
	14:00	Shot Put	Two	
	15:15	Hammer	One	
	15:15	Shot Put	Three	

All athletes will receive 1 warm up and 5 competition trials