

<b>Track</b>			
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pools</b>
	10.00	60m	7 8 9
	10.35	4 x 200m Relay	10 11 12
	11.00	60m	3 4 5
	11.35	4 x 200m Relay	6 7 8
	12.00	60m	15 16 1
	12.35	4 x 200m Relay	2 3 4
<b>LUNCH</b>			
	13.30	60m	11 12 13
	14.05	4 x 200m Relay	14 15 16
	14.30	60m	10 2
	14.55	4 x 200m Relay	1 5
	15.25	60m	14 6
	15.40	4 x 200m Relay	9 13
	16.30	Presentation of Medals	
<b>Field</b>			
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pools</b>
	10.00	Shot Put 1	4
	10.00	Shot Put 2	5
	10.00	Shot Put 3	6
	10.00	Long Jump 1	1
	10.00	Long Jump 2	2
	10.00	Long Jump 3	3
	11.00	Shot Put 1	16
	11.00	Shot Put 2	1
	11.00	Shot Put 3	2
	11.00	Long Jump 1	13
	11.00	Long Jump 2	14
	11.00	Long Jump 3	15
	12.00	Shot Put 1	12
	12.00	Shot Put 2	13
	12.00	Shot Put 3	14
	12.00	Long Jump 1	9
	12.00	Long Jump 2	10
	12.00	Long Jump 3	11
<b>LUNCH</b>			
	13.30	Shot Put 1	8
	13.30	Shot Put 2	9
	13.30	Shot Put 3	10
	13.30	Long Jump 1	5
	13.30	Long Jump 2	6
	13.30	Long Jump 3	7
	14.30	Shot Put 1	3
	14.30	Shot Put 2	7
	14.30	Long Jump 1	4
	14.30	Long Jump 2	8
	15.25	Shot Put 1	11
	15.25	Shot Put 2	15
	15.25	Long Jump 1	12
	15.25	Long Jump 2	16
<b>Long Jump/Shot Put - 1 Warm Up + 3 Competition</b>			