



Track			
Event No	Time	Event	Nos
1	10.00	75m	Pools 9, 10, 11, 12
2	10.45	4 x 100m Relay	Pools 13, 14, 15, 16
3	11.20	75m	Pools 5, 6, 7, 8
4	11.55	4 x 100m Relay	Pools 9, 10, 11, 12
5	12.30	75m	Pools 1, 2, 3, 4
LUNCH			
6	13.30	4 x 100m Relay	Pools 5, 6, 7, 8
7	14.15	75m	Pools 17, 18, 19, 20
8	14.50	4 x 100m Relay	Pools 1, 2, 3, 4
9	15.30	75m	Pools 13, 14, 15, 16
10	16.05	4 x 100m Relay	Pools 17, 18, 19, 20

Field				
Event No	Time	Event	Pools	Location
11	10.00	Javelin 1	5	HJ fan
12	10.00	Javelin 2	6	HJ fan
13	10.00	Long Jump 1	1	100m finish
14	10.00	Long Jump 2	2	100m start
15	10.35	Javelin 1	7	HJ fan
16	10.35	Javelin 2	8	HJ fan
17	10.35	Long Jump 1	3	100m finish
18	10.35	Long Jump 2	4	100m start
19	11.10	Javelin 1	1	HJ fan
20	11.10	Javelin 2	2	HJ fan
21	11.10	Long Jump 1	17	100m finish
22	11.10	Long Jump 2	18	100m start
23	11.45	Javelin 1	3	HJ fan
24	11.45	Javelin 2	4	HJ fan
25	11.45	Long Jump 1	19	100m finish
26	11.45	Long Jump 2	20	100m start
27	12.20	Javelin 1	17	HJ fan
28	12.20	Javelin 2	18	HJ fan
29	12.20	Long Jump 1	13	100m finish
30	12.20	Long Jump 2	14	100m start
LUNCH				
31	13.30	Javelin 1	19	HJ fan
32	13.30	Javelin 2	20	HJ fan
33	13.30	Long Jump 1	15	100m finish
34	13.30	Long Jump 2	16	100m start
35	14.05	Javelin 1	13	HJ fan
36	14.05	Javelin 2	14	HJ fan
37	14.05	Long Jump 1	9	100m finish
38	14.05	Long Jump 2	10	100m start
39	14.40	Javelin 1	15	HJ fan
40	14.40	Javelin 2	16	HJ fan
41	14.40	Long Jump 1	11	100m finish
42	14.40	Long Jump 2	12	100m start
43	15.20	Javelin 1	9	HJ fan
44	15.20	Javelin 2	10	HJ fan
45	15.20	Long Jump 1	5	100m finish
46	15.20	Long Jump 2	6	100m start
47	15.55	Javelin 1	11	HJ fan
48	15.55	Javelin 2	12	HJ fan
49	15.55	Long Jump 1	7	100m finish
50	15.55	Long Jump 2	8	100m start

Warm Up Long Jump / Javelin - 1 Warm Up