

<b>Track</b>			
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>
1	10.00	60m	7 8 9
2	10.35	4 x 200m Relay	10 11 12
3	11.00	60m	3 4 5
4	11.35	4 x 200m Relay	6 7 8
5	12.00	60m	1 15 16
6	12.35	4 x 200m Relay	2 3 4
<b>LUNCH</b>			
7	13.30	60m	11 12 13
8	14.05	4 x 200m Relay	14 15 16
9	14.30	60m	10 2
10	14.55	4 x 200m Relay	1 5
11	15.15	60m	14 6
12	15.40	4 x 200m Relay	9 13

<b>Field</b>			
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>
13	10.00	Shot Putt 1	4
14	10.00	Shot Putt 2	5
15	10.00	Shot Putt 3	6
16	10.00	Long Jump 1	1
17	10.00	Long Jump 2	2
18	10.00	Long Jump 3	3
19	11.00	Shot Putt 1	16
20	11.00	Shot Putt 2	1
21	11.00	Shot Putt 3	2
22	11.00	Long Jump 1	13
23	11.00	Long Jump 2	14
24	11.00	Long Jump 3	15
25	12.00	Shot Putt 1	12
26	12.00	Shot Putt 2	13
27	12.00	Shot Putt 3	14
28	12.00	Long Jump 1	9
29	12.00	Long Jump 2	10
30	12.00	Long Jump 3	11
<b>LUNCH</b>			
31	13.30	Shot Putt 1	8
32	13.30	Shot Putt 2	9
33	13.30	Shot Putt 3	10
34	13.30	Long Jump 1	5
35	13.30	Long Jump 2	6
36	13.30	Long Jump 3	7
37	14.30	Shot Putt 1	3
38	14.30	Shot Putt 2	7
39	14.30	Long Jump 1	4
40	14.30	Long Jump 2	8
41	15.15	Shot Putt 1	11
42	15.15	Shot Putt 2	15
43	15.15	Long Jump 1	12
44	15.15	Long Jump 2	16

Long Jump/Shot Putt - 1 warm up + 3 competition

