



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

Field				
Event No	Time	Event	Pools	Location
	10.00	Javelin 1	5	HJ fan
	10.00	Javelin 2	6	HJ fan
	10.00	Long Jump 1	1	100m finish
	10.00	Long Jump 2	2	100m start
	10.35	Javelin 1	7	HJ fan
	10.35	Javelin 2	8	HJ fan
	10.35	Long Jump 1	3	100m finish
	10.35	Long Jump 2	4	100m start
	11.10	Javelin 1	1	HJ fan
	11.10	Javelin 2	2	HJ fan
	11.10	Long Jump 1	17	100m finish
	11.10	Long Jump 2	18	100m start
	11.45	Javelin 1	3	HJ fan
	11.45	Javelin 2	4	HJ fan
	11.45	Long Jump 1	19	100m finish
	11.45	Long Jump 2	20	100m start
	12.20	Javelin 1	17	HJ fan
	12.20	Javelin 2	18	HJ fan
	12.20	Long Jump 1	13	100m finish
	12.20	Long Jump 2	14	100m start
LUNCH				
	13.30	Javelin 1	19	HJ fan
	13.30	Javelin 2	20	HJ fan
	13.30	Long Jump 1	15	100m finish
	13.30	Long Jump 2	16	100m start
	14.05	Javelin 1	13	HJ fan
	14.05	Javelin 2	14	HJ fan
	14.05	Long Jump 1	9	100m finish
	14.05	Long Jump 2	10	100m start
	14.40	Javelin 1	15	HJ fan
	14.40	Javelin 2	16	HJ fan
	14.40	Long Jump 1	11	100m finish
	14.40	Long Jump 2	12	100m start
	15.20	Javelin 1	9	HJ fan
	15.20	Javelin 2	10	HJ fan
	15.20	Long Jump 1	5	100m finish
	15.20	Long Jump 2	6	100m start
	15.55	Javelin 1	11	HJ fan
	15.55	Javelin 2	12	HJ fan
	15.55	Long Jump 1	7	100m finish
	15.55	Long Jump 2	8	100m start

Warm Up Long Jump / Javleins - 1 Warm Up