



FINAL TIMETABLE			
Track			
Event No	Time	Event	Nos
1	10.00	75m	Pools 5, 6, 7, 8
2	10.50	4 x 100m Relay	Pools 9, 10, 11, 12
3	11.10	75m	Pools 1, 2, 3, 4
4	12.00	4 x 100m Relay	Pools 13, 14, 15, 16
5	12.20	75m	Pools 17, 18, 19, 20
LUNCH			
6	13.40	4 x 100m Relay	Pools 1, 2, 3, 4
7	14.00	75m	Pools 9, 10, 11, 12
8	15.00	4 x 100m Relay	Pools 5, 6, 7, 8
9	15.20	75m	Pools 13, 14, 15, 16
10	16.20	4 x 100m Relay	Pools 17, 18, 19, 20

Field				
Event No	Time	Event	Pools	Location
11	10.00	Javelin	3	HJ Fan
12	10.00	Javelin	4	HJ Fan
13	10.00	Long Jump	1	Pit 1
14	10.00	Long Jump	2	Pit 2
15	10.40	Javelin	15	HJ Fan
16	10.40	Javelin	16	HJ Fan
17	10.40	Long Jump	13	Pit 1
18	10.40	Long Jump	14	Pit 2
19	11.20	Javelin	19	HJ Fan
20	11.20	Javelin	20	HJ Fan
21	11.20	Long Jump	17	Pit 1
22	11.20	Long Jump	18	Pit 2
23	12.00	Javelin	11	HJ Fan
24	12.00	Javelin	12	HJ Fan
25	12.00	Long Jump	9	Pit 1
26	12.00	Long Jump	10	Pit 2
27	12.40	Javelin	7	HJ Fan
28	12.40	Javelin	8	HJ Fan
29	12.40	Long Jump	5	Pit 1
30	12.40	Long Jump	6	Pit 2
LUNCH				
31	13.40	Javelin	13	HJ Fan
32	13.40	Javelin	14	HJ Fan
33	13.40	Long Jump	15	Pit 1
34	13.40	Long Jump	16	Pit 2
35	14.20	Javelin	5	HJ Fan
36	14.20	Javelin	6	HJ Fan
37	14.20	Long Jump	7	Pit 1
38	14.20	Long Jump	8	Pit 2
39	15.00	Javelin	17	HJ Fan
40	15.00	Javelin	18	HJ Fan
41	15.00	Long Jump	19	Pit 1
42	15.00	Long Jump	20	Pit 2
43	15.40	Javelin	1	HJ Fan
44	15.40	Javelin	2	HJ Fan
45	15.40	Long Jump	3	Pit 1
46	15.40	Long Jump	4	Pit 2
47	16.10	Javelin	9	HJ Fan
48	16.10	Javelin	10	HJ Fan
49	16.10	Long Jump	11	Pit 1
50	16.10	Long Jump	12	Pit 2

Warm Up Long Jump / Javelin - 1 Warm Up  
All Javelin sectors will throw from the High Jump fan at the first bend

