

TRACK			
Time	Event	Who	Heats/Info
10:30	75m	SUPERteams Pool 1	2
		SUPERteams Pool 2	2
11:10	80m Hurdles	Allstars	1
11:15	75m Hurdles	Allstars	1
11:20	70m Hurdles	Allstars	1
11:30	1200m	Allstars	2
11:50	200m	Allstars	2
12:10	75m	SUPERteams Pool 3	2
		SUPERteams Pool 4	2
<i>LUNCH</i>			
13:00	75m	SUPERteams Pool 5	2
		SUPERteams Pool 6	2
13:20	50m	RJT	4
13:30	4x100m	Allstars	2
14:00	4x100m	SUPERteams	4
FIELD			
10:15	Long Jump	Allstars	
10:15	High Jump	Allstars	
11:00	Long Jump	SUPERteams Pool 3	
		SUPERteams Pool 4	
11:00	Turbo Javelin	SUPERteams Pool 5	
		SUPERteams Pool 6	
11:30	Whistler Javelin	RJT	
11:45	Turbo Javelin	SUPERteams Pool 1	
		SUPERteams Pool 2	
12:00	Long Jump	SUPERteams Pool 5	
		SUPERteams Pool 6	
12:30	Long Jump	RJT	
<i>LUNCH</i>			
12:45	Javelin	Allstars	
12:45	Shot Put	Allstars	
13:00	Long Jump	SUPERteams Pool 1	
		SUPERteams Pool 2	
13:15	Long Jump	SUPERteams Pool 3	
		SUPERteams Pool 4	

