

Monday July 22

9:00am. Pentathlon (Tenichi)  
4:00pm. Hammer (Alex)

Tuesday July 23

7:00pm. OPENING CEREMONIES (ALL)

Wednesday July 24

8:00am. 400m hurdles 1st round (Sir)  
10:00am. 200m hurdles 1st round (Tenichi)  
3:40pm. 200m 1st round (Kymeal)

Thursday July 25

10:40am. 100m hurdles 1st round (Lauryn)  
2:10pm. 100m 1st round (Alyssa, Kymeal)  
3:50pm. 200m semi final (Kymeal)  
4:00pm. Triple Jump FINAL (Alyssa)  
6:25pm. 4x100 relay 1st round (15-16G,17-18W)

Friday July 26

10:00am. 400m 1st round (Tenichi)  
11:00am. 400m 1st round (Emma)  
12:55pm. 100m semi final (Alyssa,Kymeal)  
1:00pm. Javelin FINAL (Katie)  
6:00pm. 4x400m relay 1st round(17-18W)

Saturday July 27

11:30am. 200m FINAL (Kymeal)  
12:30pm. 100m hurdles semi final (Lauryn)  
2:15pm. 4x100m relay FINAL (15-16G,17-18W)

Sunday July 28

9:00am. 400m FINAL (Tenichi,Emma)  
11:30am. 100m hurdles FINAL (Lauryn)  
12:00pm. 100m FINAL (Alyssa,Kymeal)  
12:30pm. 400m hurdles FINAL (Sir)  
1:00pm. 200m hurdles FINAL (Tenichi)  
2:00pm. 4x400m relay FINAL (17-18W)