

DAY	SESSION	CATEGORY	START	SPRINT START	FINISH
SATURDAY 25 APRIL	AM (HEATS)	OPEN/MALE 15&U	08:00	08:15	08:20
		FEMALE 15 &U	08:20	08:35	08:40
		MIXED 16&O	08:40	08:55	09:00
SATURDAY 25 APRIL	MID SESSION (HEATS)	MIXED	APPROX 10:40	START + 20MINS	START + 25MINS
	MD & LD ATHLETES ONLY				
SATURDAY 25 APRIL	PM (FINALS)	MIXED	14:15	14:50	15:00
SUNDAY 26 APRIL	AM (HEATS)	FEMALE 15&U	08:00	08:15	08:20
		OPEN/MALE 15&U	08:20	08:35	08:40
		MIXED 16&O	08:40	08:55	09:00
SUNDAY 26 APRIL	MID SESSION (HEATS)	MIXED	APPROX 10:55	START + 20MINS	START + 25MINS
	MD & LD ATHLETES ONLY				
SUNDAY 26 APRIL	PM (FINALS)	MIXED	14:15	14:50	15:00