

DAY	SESSION	CATEGORY	START	SPRINT START	FINISH
SATURDAY 2 MAY	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
SATURDAY 2 MAY	MID SESSION (HEATS)	MIXED	APPROX 10:45	START + 20MINS	START + 25MINS
	MD & LD ATHLETES ONLY	AFTER EVT 305 100 FREE			
SATURDAY 2 MAY	PM (FINALS)	MIXED	14:15	14:50	15:00
SUNDAY 3 MAY	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
SUNDAY 3 MAY	MID SESSION (HEATS)	MIXED	APPROX 10:50	START + 20MINS	START + 25MINS
	MD & LD ATHLETES ONLY	AFTER EVT 405 100 BACK			
SUNDAY 3 MAY	PM (FINALS)	MIXED	14:15	14:50	15:00
MONDAY 4 MAY	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
MONDAY 4 MAY	MID SESSION (HEATS)	MIXED	APPROX 11:00	START + 20MINS	START + 25MINS
	RELAY ATHLETES ONLY	AFTER EVT 506 200 BACK			
MONDAY 4 MAY	PM (FINALS)	MIXED	13:45	14:20	14:30