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17:30	5	400m W18-29, 30-39, 40-49, 50-59, 60-69,
17:45	6	400m M18-29, 30-39, 40-49, 50-59, 60-69, 70-79

Puffer

18:15	5	25m M-5, 6-8, 9-11 W 6-8, 9-11
18:30	2	100m W12-14, 15-17

Puffer

19:15	4	100m W40-49 Long Jump M15-17, 18-29, 30-39
19:30	3	100m W50-59, 60-69, 80+
19:45	4	100m Donor W D4-17, D18-39, D40-49, D50+
20:00	3	Shot Put M40-49 Shot Put W40-49 Javelin M60-69

Puffer

20:45	4	100m M12-14, 15-17 100m M18-29, 30-39
21:00	3	100m M40-49, 50-59, 60-69

Puffer

21:15	5	100m W18-29, 40-49 Long Jump W15-17, 18-29, 30-39
21:30	5	Shot Put W 50-59, 60-69, 70-79, M80+ Javelin M50-59
21:45	6	100m M70-79, 80+ 100m Donor W DJ, D18-39, D40-49, D50+
22:15	2	4x 100m W 4x 100m M