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10:00	3	200m W15-17, 18-29, 30-39
10:15	3	5000m M60-69, 70-79, 80+ Long Jump M40-49
10:30	4	200m W40-49, 50-59, 60-69, 70-79
10:45	5	High Jump M50-59 Long Jump Donors M D4-17, D18-39, D40-49, D50+
11:00	3	200m M15-17, 18-29 Ball Throw M 50-59
11:15	4	Ball Throw M18-29, 30-39 200m M30-39, 40-49
11:30	4	Discus W50-59, 60-69, 70-79, 80+
11:45	4	Long Jump M60-69, 70-79 5000m M18-29, 30-39
12:00	5	200m M50-59, 60-69, 70-79 High Jump M18-29, 30-39
12:15	5	Discus W18-29, 30-39, 40-49 Long Jump W40-49 Ball Throw M40-49
12:30	5	5000m M50-59 800m W18-29, 30-39, 40-49

Puffer

13:00	4	Ball Throw W50-59, 60-69, 70-79, 80+
13:15	4	Long Jump Donors W D4-17, D18-39, D40-49, D50+
13:30	4	800m M18-29, 30-39, 40-49, 50-59
13:45	5	800m M60-69, 70-79, 80+ Discus M18-29, 30-39

Puffer

14:15	6	High Jump M40-49, 60-69, 70-79 Ball Throw W18-29, 30-39, 40-49
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Circle of life!!

15:00	12	Discus M40-49, 50-59, 70-79, 80+ Ball Throw M60-69, 70-79 Long Jump M50-59 W50-59, 60-69, 70-79 4x 400m W 4x 400m M
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