

	<b>Session</b>	<b>Warm Up</b>	<b>Gender order</b>	<b>Session Starts</b>
Friday, 6 <sup>TH</sup> November	1	6.00 pm for females and at end of 800m for males		6.30 pm
Saturday, 7 <sup>th</sup> November	2	8.00 am	Male/ female	9.00 am
	3	12.30 pm	Female / male	1.30 pm
	4	4.55 pm	Mixed	5.30 pm
Sunday, 8 <sup>th</sup> November	5	8.00 am	Female / male	9.00 am
	6	12.45 pm	Male/ female	1.45 pm
	7	5.05 pm	Mixed	5.40 pm