



PUMA SCHOOL OF SPEED HEATS

400m's				
14:00	400m	Heats	Girls	16
14:18	400m	Heats	Boys	16
14:36	400m	Heats	Girls	18
14:44	400m	Heats	Boys	18
15:00	400m	Heats	Boys	20

100m's				
16:15	100m	Heats	Girls	16
16:33	100m	Heats	Boys	16
16:50	100m	Heats	Girls	18
16:56	100m	Heats	Boys	18
17:18	100m	Heats	Boys	20

200m's				
15:10	200m	Heats	Girls	16
15:25	200m	Heats	Boys	16
15:40	200m	Heats	Girls	18
15:48	200m	Heats	Boys	18
16:03	200m	Heats	Boys	20

4 x 100m Relay Heats				
17:30	4 x 100m	Heats	Boys	16
17:40	4 x 100m	Heats	Girls	16
17:45	4 x 100m	Heats	Boys	18

**FASTEST 8 ATHLETES FROM THE HEATS IN EACH EVENT
GO TO THE FINAL**

BREAK 17:50-18:15



PUMA SCHOOL OF SPEED FINALS

400m's				
18:15	400m	Final	Girls	20
18:20	400m	Final	Boys	20
18:25	400m	Final	Girls	18
18:30	400m	Final	Boys	18
18:35	400m	Final	Girls	16
18:40	400m	Final	Boys	16

100m's				
20:00	100m	Final	Girls	16
20:05	100m	Final	Boys	16
20:10	100m	Final	Girls	18
20:15	100m	Final	Boys	18
20:20	100m	Final	Girls	20
20:25	100m	Final	Boys	20

800m's				
18:50	800m	Final	Girls	16
18:55	800m	Final	Boys	16
19:00	800m	Final	Girls	18
19:05	800m	Final	Boys	18
19:10	800m	Final	Girls	20
19:15	800m	Final	Boys	20

Mile				
20:30	Mile	Final	Girls	20
20:38	Mile	Final	Boys	20

200m's				
19:25	200m	Final	Girls	20
19:30	200m	Final	Boys	20
19:35	200m	Final	Girls	16
19:40	200m	Final	Boys	16
19:45	200m	Final	Girls	18
19:50	200m	Final	Boys	18

4 x 100m Relay Heats				
20:46	4 x 100m	Final	Girls	16
20:51	4 x 100m	Final	Boys	16
20:56	4 x 100m	Final	Girls	19/20
21:01	4 x 100m	Final	Boys	18
21:06	4 x 100m	Final	Boys	20

Medley Relay (100m, 200m, 300m & 400m)				
21:11	Medley	Final	Girls	20
21:16	Medley	Final	Boys	20