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LIA 21<sup>st</sup> May 2017  
PROVISIONAL

Draft 10

Track Time	Track Event	Event Type	Gender	Field Event	Field Time
		<b>Hammer Match</b>	Men	F1	11:20
		<b>Triple Jump Match</b>	Women	F2	11:30
11:30	T1a	400m Guest A	Women		
11:36	T1b	400m Guest B	Women		
11:42	T1c	400m Guest C	Women		
11:48	T2	800m Guest	Men		
11:54	T3	4 x 100m	Women		
12:00	T4	4 x 100m	Men		
12:06	T5a	400m Guest A	Men		
12:12	T5b	400m Guest B	Men		
		<b>High Jump Match</b>	Women	F3	12:15
12:18	T5c	400m Guest C	Men		
12:24	T5d	400m Guest D	Men		
12:30	T6	400m <b>Match</b>	Women		
		<b>Javelin Match</b>	Women	F4	12:36
12:36	T7	400m <b>Match</b>	Men		
12:42	T8	800m Guest	Women		
12:48	T9	3000m Steeplechase <b>Match</b>	Women		
		<b>Pole Vault Match</b>	Women	F5	12:50
13:02	T10a	100m Guest D	Women		
13:08	T10b	100m Guest C	Women		
13:14	T10c	100m Guest B	Women		
		<b>Triple Jump Match</b>	Men	F6	13:20
13:20	T10d	100m Guest A	Women		
13:26	T11	100m <b>Match</b>	Women		
13:34	T12	400H <b>Match</b>	Women		
		<b>Discus Match</b>	Women	F7	13:40
13:40	T13a	400H Guest A	Women		
		<b>Shot Put Match</b>	Men	F8	13:45
13:46	T13b	400H Guest B	Women		
13:54	T14	100m <b>Match</b>	Men		
14:00	T15a	100m Guest A	Men		
14:06	T15b	100m Guest B	Men		
14:12	T15c	100m Guest C	Men		
14:18	T15d	100m Guest D	Men		
14:24	T15e	100m Guest E	Men		
14:30	T15f	100m Guest F	Men		
14:38	T16	400H <b>Match</b>	Men		

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14:44	T17a	400H Guest A	Men		
14:50	T17b	400H Guest B	Men		
		<b>Hammer Match</b>	Women	F9	14:50
14:58	T18	Para-Elite 100m	Women		
		<b>Long Jump Match</b>	Men	F10	15:00
15:06	T19	Para-Elite 100m	Men		
15:12	T20	800m <b>Match</b>	Women		
15:18	T21	800m <b>Match</b>	Men		
15:24	T22	3000m <b>Match</b>	Men		
15:34	T23	100H <b>Match</b>	Women		
15:40	T24a	100H Guest A	Women		
15:46	T24b	100H Guest B	Women		
15:56	T25	110H <b>Match</b>	Men		
		<b>Pole Vault Match</b>	Men	F11	16:00
16:02	T26a	110H Guest A	Men		
		<b>Javelin Match</b>	Men	F12	16:06
16:08	T26b	110H Guest B	Men		
		<b>High Jump Match</b>	Men	F13	16:10
16:16	T27	200m <b>Match</b>	Women		
16:22	T28a	200m Guest A	Women		
16:28	T28b	200m Guest B	Women		
16:34	T28c	200m Guest C	Women		
16:40	T29	200m <b>Match</b>	Men		
		<b>Shot Put Match</b>	Women	F14	16:40
16:46	T30a	200m Guest A	Men		
		<b>Long Jump Match</b>	Women	F15	16:50
16:52	T30b	200m Guest B	Men		
16:58	T30c	200m Guest C	Men		
17:04	T31	3000m Steeplechase <b>Match</b>	Men		
		<b>Discus Match</b>	Men	F16	17:04
17:16	T32	1500m Guest	Men		
17:22	T33	1500m <b>Match</b>	Women		
17:28	T34	1500m <b>Match</b>	Men		
17:36	T35	110H Invitation Race	Men		
17:44	T36	110H u20 Guest	Men		
17:52	T37	3000m <b>Match</b>	Women		
18:04	T38	4 x 400m <b>Match</b>	Women		
18:10	T39	4 x 400m <b>Match</b>	Men		