

THROWS PROGRAMME FOR 01-12-18

	MEN	WOMEN
13.00	HAMMER	SHOT
13.15		
13.30		
13.45		
14.00		HAMMER
14.15	SHOT	
14.30		
14.45		
15.00		
15.15	DISCUS	JAVELIN
15.30		
15.45		
16.00		
16.15		
16.30	JAVELIN	DISCUS
16.45		
17.00		
17.15		
17.30		
17.45	WEIGHT	WEIGHT