

COMPETITION

Aug Sun- 23	Aug Mon- 24	Aug Tue- 25	Aug Wed- 26	Aug Thu- 27	Aug Fri- 28	Aug Sat- 29	Aug Sun- 30	
R e g i s t r a t i o n a n d A r r i v a l a t i o n	Road Race 5k Men & Women	Golf Individual Men & Women		Golf Competitions Team	Athletics	Athletics	D e p a r t u r e	
	Volleyball	Squash Individual Men & Women	Swimming	Swimming	Badminton Singles	Badminton Doubles		
		Cycling 5k T.T. Men T.T. Women	Cycling 20k Men & Women					
	Petanque Singles	Petanque Doubles	Tennis Singles	Tennis Doubles				
		Bowling Individual Men	Bowling Women & Women's Pairs	Bowling Mixed Pairs & Men's Pairs				
		Table Tennis Singles	Table Tennis Doubles					
	Tejo Individual Men & Women	Tejo Double Men & Women						

PRACTICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Volleyball	Cycling	Swimming		Badminton			
Petanque	Bowling			Athletics			
	Table Tennis						
	Squash						
	Golf	Tennis					
	Tejo						

The timetables will be released as soon as we know how many athletes and/or teams have finally enrolled for the competition.

SWIMMING DAY 1

200m freestyle (200 m Juniors 12-17)
50 butterfly (50m juniors 12-17, 25m 11 and under)
100m breaststroke
50m backstroke (50m juniors 12-17, 25m 11 and under)
100m freestyle (100m juniors 12-17, 50m 11 and under)
4x50m freestyle relay (women)
4x50m medley relay (men)

SWIMMING DAY 2

400m freestyle
50 freestyle (50m juniors 12-17, 25m 11 and under)
200m individual medley
100m backstroke (100m juniors 12-17, 50m 11 and under)
50 breaststroke (50m juniors 12-17, 25m 11 and under)
4x50 medley relay (women)
4x50 freestyle relay (men)

ATHLETICS DAY 1

3000 racewalk (women)
1500m (heats and finals)
400m (heats and finals)
100m (heats and finals)
50m (6-8, 9-12) (heats and finals)
25m (under 5) (heats and finals)
4x100m relay (heats and finals)
Shot put (men and women + juniors 15 and older)
Long jump (men and boys)
Ball throw (men and boys)
Discus (women)
High jump (women and girls 15 and older)

ATHLETICS DAY 2

5000 racewalk (men)
200m (heats and finals)
800m (heats and finals)
4x400m relay (heats and finals)
Discus (men)
High jump (men and boys 15 and older)
Ball throw (women and girls)
Long Jump (women and girls)
Javelin (men and women)