

MEDAL CEREMONIES

DATE	TIME	EVENT	SPORT	LOCATION	MEDAL TEAM
<i>DAY ONE</i>					
16-Jul-18	4:00pm	Greco-Roman - 10 classes	Wrestling	New Gym	
MONDAY	5:30pm	10,000m Men & Women	Athletics	Track	
	6:00pm	Discus - Men	Athletics	Track	
	6:40pm	Long Jump - Women	Athletics	Track	
	7:20pm	Javelin - Women	Athletics	Track	
	7:30pm	100M - Women	Athletics	Track	
	7:40pm	100M - Women	Athletics	Track	

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DATE	TIME	EVENT	SPORT	LOCATION	MEDAL TEAM
	<i>DAY TWO</i>				
17-Jul-18	3:00pm	Spear Fishing - Ind & Team	Spearfishing	Marina	
	4:00pm	Free Style - Men- 10 eaFree St	Wrestling	New Gym	
	4:00pm	Free Style - Women- 10 ea	Wrestling	New Gym	
TUESDAY	6:00pm	High Jump - Women	Athletics	Track	
	6:30pm	400M - Women	Athletics	Track	
	7:10pm	400M - Men	Athletics	Track	
	7:30pm	Long Jump - Men	Athletics	Track	
	7:45pm	Shot Put - Women	Athletics	Track	
	7:55pm	5000M -Women	Athletics	Track	
	8:05pm	5000M -Men	Athletics	Track	

MEDAL CEREMONIES

DATE	TIME	EVENT	SPORT	LOCATION	MEDAL TEAM
18-Jul-18 Wednesday	<i>DAY THREE</i>				
	1:00pm	Beach Wrestling - M & W	Wrestling	New Gym	
	4:50pm	Triple Jump - Women	Athletics	Track	
	5:00pm	Beach Volleybal M&W	Beach Vball	BV Court	
	6:05pm	400M Hurdles - Women	Athletics	Track	
	6:15pm	400M Hurdles - Mfen	Athletics	Track	
	6:40pm	800M - Women	Athletics	Track	
	6:50pm	800M - Men	Athletics	Track	
	7:20pm	Shot Put - Men	Athletics	Track	
	7:30pm	Octathlon - Men	Athletics	Track	
	7:50pm	4x100M Relay - Women	Athletics	Track	
8:05pm	4x100M Relay - Men	Athletics	Track		

MEDAL CEREMONIES

DATE	TIME	EVENT	SPORT	LOCATION	MEDAL TEAM
19-Jul-18 Thursday	<i>DAY FOUR</i>				
	3:00pm	VA'A - 3 event M&W	Wrestling	Marina	
	5:00pm	Half Marathon - Women	Athletics	Track	
	5:10pm	Half Marathon - Men	Athletics	Track	
	5:40pm	110 Hurdles - Women	Athletics	Track	
	5:50pm	110 Hurdles - Men	Athletics	Track	
	6:15pm	Discus - Women	Athletics	Track	
	6:40pm	1500M - Women	Athletics	Track	
	6:50pm	1500M - Men	Athletics	Track	
	7:15pm	Triple Jump - Men	Athletics	Track	
	7:25pm	200M Women	Athletics	Track	
	7:35pm	200M Men	Athletics	Track	
	7:55pm	Javelin - Men	Athletics	Track	
8:10pm	4X400M Relay - Women	Athletics	Track		

	8:20pm	4x400M Relay - Men	Athletics	Track	
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