Approximate time		5.30pm		5.35pm					6.00pm				6.25pm					6.55pm		TOTAL POINTS	
		100m		Shot					Long Jump				Javellin					800m			
Name	**Age**	**Time**	**Points**	**Wt**	**1**	**2**	**Best**	**Points**	**1**	**2**	**3**	**Points**	**Wt**	**1**	**2**	**Best**	**Points**	**Time**	**Points**		
Heat 1 - for 100m																					
Cassie Neubauer	**W30**	14.16	579	**4kg**			7.23	350	4.27	4.23	4.17	371	**600g**			20.46	297	3.39.3	88	1685	1st
Patricia McHendrie	**W40**	16.51	357	**4kg**			5.29	284	3.51	3.42	3.38	276	**600g**			12.08	164	3.31.6	163	1244	1st
Felicity Alexander	**W45**	19.8	141	**4kg**			4.25	245	2.22	2.30	2.37	72	**600g**			13.56	231	3.10.7	390	1079	1st
Heather Grealy	**W50**	17.94	410	**3kg**			4.89	321	3.11	2.94	3.04	285	**500g**			8.98	147	4.17.8	44	1207	1st
Kim Welcome	**W50**	20.65	158	**3kg**			5.2	348	2.02	2.16	2.09	62	**500g**			8.51	135	3.58.8	120	823	2nd
Cherie Dempsey	**W60**	25.55	25	**3kg**			6.14	549	1.22	1.33	1.29	0	**400g**			17.73	495	5.52.5	0	1069	2nd
Ros Lowe	**W60**	19.49	443	**3kg**			6.48	587	2.08	2.12	2.33	180	**400g**			13.44	353	3.33.9	504	2067	1st
Miriam Cudmore	**W70**	17.51	877	**3kg**			5.46	633	2.94	3.12	3.07	680	**400g**			14.76	530	4.15.5	552	3272	1st