

DATE: 2nd NOVEMBER 2024

LOCATION: PALODIA PRIMARY SCHOOL

INDIVIDUAL EVENTS (1X):

CODE	TIME	HEAT	CATEGORY	DISTANCE/TIME	AGE GROUP
100	15:00	1	PARA-ROWING	1 minute	OPEN
101	15:10	1	ADAPTIVE INDOOR ROWING	1 minute	OPEN
102	15:15	2	ADAPTIVE INDOOR ROWING	1 minute	OPEN

15:18 - AWARD CEREMONY PARA ROWING +ADAPTIVE INDOOR ROWING

103	15:25	1	OPEN MEN	2000m	OPEN
104	15:35	1	BOYS JUNIOR E	1 minute	AGES <10 YEARS(2014 & AFTER)
105	15:40	1	GIRLS JUNIOR E	1 minute	AGES <10 YEARS(2014 & AFTER)
106	15:45	1	JUNIOR D BOYS	500m	(2012-2013)10-12 YEARS
107	15:52	2	JUNIOR D BOYS	500m	(2012-2013)10-12 YEARS
108	16:00	1	JUNIOR D GIRLS	500m	(2012-2013)10-12 YEARS

16:03- AWARD CEREMONY JUNIOR E BOYS & GIRLS + JUNIOR D BOYS & GIRLS + OPEN MEN 2000M

109	16:10	1	JUNIOR C BOYS	500m	(2010-2011)13-14 YEARS
110	16:17	1	JUNIOR C GIRLS	500m	(2010-2011)13-14 YEARS
111	16:24	1	JUNIOR B BOYS	500m	(2008-2009) 15-16 YEARS (JB)
112	16:29	1	JUNIOR B GIRLS + JUNIOR A GIRLS	500m	(2008-2009) 15-16 YEARS (JB) (2006-2007) 17-18 YEARS (JA)

16:32-AWARD CEREMONY JUNIOR C BOYS & GIRLS +JUNIOR B & GIRLS + JUNIOR A GIRLS

113	16:42	1	JUNIOR A BOYS+ SENIOR MEN 19-26	500m	(2006-2007) 17-18 YEARS (JA) (1998-2005) SENIOR
114	16:47	1	MEN MASTERS A	500m	(1985-1997) MASTERS A
115	16:52	1	SENIOR WOMEN 19-26	500m	(1998-2005) SENIOR
116	16:57	1	WOMEN MASTERS A	500m	(1985-1997) MASTERS A

17:00 - AWARD CEREMONY JUNIOR A BOYS + SENIOR OPEN MEN & WOMEN, MASTERS A MEN & WOMEN

117	17:10	1	MEN MASTERS B	500m	(1975-1984) 40-49 YEARS
118	17:15	1	WOMEN MASTERS B	500m	(1975-1984) 40-49 YEARS
119	17:20	1	MEN MASTERS C WOMEN MASTERS C	500m	(1965-1976) 50-59 YEARS
120	17:25	1	ME N MASTER S D WOMEN MASTERS D	500m	(1964 AND BEFORE) 60 +
121	17:30	1	OPEN MEN OPEN WOMEN	1000m	OPEN

17:35- AWARD CEREMONY MASTERS MEN B,C,D, MASTERS WOMEN B,C,D AND OPEN MEN & WOMEN 1000M

DOUBLES EVENTS (2X)

200	17:50	1	BOYS UNDER 15 GIRLS UNDER 15	1000m	(2010-2011)13-14 YEARS (2010-2011)13-14 YEARS
201	17:57	1	BOYS UNDER 17 GIRLS UNDER 17 BOYS UNDER 19 GIRLS UNDER 19	1000m	(2008-2009) 15-16 YEARS (JB) (2008-2009) 15-16 YEARS (JB) (2006-2007) 17-18 YEARS (JA) (2006-2007) 17-18 YEARS (JA)
202	18:04	1	MEN OPEN	1000m	OPEN
203	18:11	1	WOMEN OPEN MASTER B+ MEN MASTERS B+ WOMEN	1000m	OPEN 40+ (1984 AND BEFORE) 40+ (1984 AND BEFORE)

18:15- AWARD CEREMONY 2X

QUAD EVENTS (4X)

400	18:35	1	GYM CHALLENGE MEN GYM CHALLENGE WOMEN	2000m	OPEN
401	18:45	1	JUNIOR UNDER 13 CHALLENGE JUNIOR UNDER 15 CHALLENGE	1000m	AGES <13 YEARS(2012 & AFTER) AGES <15 YEARS(2010 & AFTER)
402	19:00	1	JUNIOR UNDER 19 CHALLENGE OPEN CHALLENGE	1000m	AGES <19 YEARS(2006 & AFTER) OPEN

19:10 CLOSING CEREMONY -AWARD CEREMONY 4X