



19 Oct 2024, Saturday

08:00-08:40 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
	15m-1																	18m-1				
	Warm Up																	Warm Up				
	cm																	Outdoor (1-X) 40 cm				

08:40-09:20 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
	15m-2																	18m-2				
	Warm Up																	Warm Up				
	cm																	Outdoor (1-X) 40 cm				

09:20-10:00 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
	18m-1														18m-1							
	Warm Up														Warm Up							
	Outdoor (1-X) 40 cm														cm							

10:05-10:45 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
	18m-2														18m-2							
	Warm Up														Warm Up							
	Outdoor (1-X) 40 cm														cm							