

28 Mar 2026, Saturday

09:00-09:30 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	50m-1											60m-1						70m-1					
	Warm Up											Warm Up						Warm Up					
	Reduced (5 - 10 +X) 80 cm											Complete (1 - 10 +X) 122 cm											

09:30-10:30 Qualification Rounds Session 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	50m-1											60m-1						70m-1					
	Qualification Rounds											Qualification Rounds						Qualification Rounds					
	Reduced (5 - 10 +X) 80 cm											Complete (1 - 10 +X) 122 cm											

10:30-10:45 Break	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	50m-2											60m-2						70m-2					
	Warm Up											Warm Up						Warm Up					
	Reduced (5 - 10 +X) 80 cm											Complete (1 - 10 +X) 122 cm											

10:45-11:45 Qualification Rounds Session 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	50m-2											60m-2						70m-2					
	Qualification Rounds											Qualification Rounds						Qualification Rounds					
	Reduced (5 - 10 +X) 80 cm											Complete (1 - 10 +X) 122 cm											