



EVENT RUNNING ORDER

Friday 2 November 2007

Time	Event	Comment
10.00 am	100m manual wheelchair – non competitive	We will hold as many preliminary heats as possible
	100m electric wheelchair	All athletes need to be in the starting area ready to be called forward.
	100m mens	The first two runners from each race go through to the semi final stage
	100m girls	A preliminary heat for each event will be done in rotation – wheelchair, mens, girls etc
11.00	Relay heats if required	
11.00	Semi final heats	
11.30	Final 100m Manual Wheelchair – non competitive	
11.40	Final 100m Electric Wheelchair	
11.50	Final 100m Mens	
12.00 pm	Final 100m Girls	
	Catch up time if required, and get relay teams ready	
12.30	Relay Final 100m Electric Wheelchair	
12.50	Relay Final 100m Mens	
1.00	Relay Final 100m Girls	
1.10	Marathon Race – one whole lap (400m)	Electric Wheelchair followed by ambulant race
1.20	Ultra Marathon – two whole laps (800m)	Ambulant only
1.30pm	Medal Presentation	

N.B

* Times may change. This is a guide only

* In addition there will be a banner competitions, fancy dress competition etc.

