



KO Time	Sport	Venue
11:00	Badminton M	STV Sports Hall
11:30	Athletics M	Outdoor Athletics Track
11:30	Athletics W	Outdoor Athletics Track
11:30	Basketball 3v3 M	MUGA
11:30	Basketball 3v3 W	MUGA
12:30	Hockey M	Astro 2
13:00	Basketball W	Founders Sports Hall
13:00	Swimming M	50m Pool
13:00	Swimming W	50m Pool
13:00	Masot Race	Outdoor Athletics Track
13:45	Football W	3G Pitch
14:00	Lacrosse 10s W	Astro 1
14:30	Tennis M	Indoor Tennis
15:00	Basketball M	Founders Sports Hall
15:30	Hockey W	Astro 2
15:30	Water Polo W	50m Pool
16:15	Volleyball M	STV Sports Hall
17:00	Basketball Wheelchair Mx	Founders Sports Hall
17:30	Touch Rugby Mx	Astro 1
17:30	Water Polo M	50m Pool
18:30	Rugby M	Infield
19:00	Netball W	STV Sports Hall