



TRIAL SESSIONS

DAY: *Wed*

DATE: *22/1/20*

300 METRES

TRIAL NO.	DISTANCE	1 st SPLIT	OVERALL TIME
1	300m	2.76	13.28 HS
2	300m	6.79	17.16
3	300m	6.80	16.98
4	300m	6.78	16.94
5	300m	6.75	17.10
6	300m	6.77	17.28
7	300m	2.89	13.54 HS
8	300m	2.75	12.83 HS
9	300m	2.72	12.69 HS
10	300m	2.81	13.29 HS
11	300m	2.74	13.48 HS
12	300m	2.66	12.99 HS
13	300m	6.99	17.21
14	300m	6.93	17.39
15	300m	2.67	13.52 HS
16	300m	6.83	17.31
17	300m	6.89	17.79
18	300m	6.92	17.60
19	300m	6.87	17.39
20	300m	6.76	17.12
21	300m	6.93	17.57
22	300m	6.69	16.91
23	300m	6.71	16.74
24	300m	2.77	13.66 HS
25	300m	6.81	17.39
26	300m	6.95	17.43
27	300m	6.86	17.25

6.81 17.22
6.72 17.08

TRIAL NO.	DISTANCE	1st SPLIT	OVERALL TIME
1	300m	6.83	17.12
2	300m	6.91	17.68
3	300m	6.67	16.81
4	300m	6.89	17.26
5	300m	6.72	17.10
6	300m	6.79	17.09
7	300m	2.73	12.83
8	300m	6.63	16.71
9	300m	6.79	17.23
10	300m	6.66	17.16
11	300m	6.82	17.34
12	300m	6.84	16.97
13	300m		
14	300m		
15	300m		
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TRIAL SESSIONS

DAY: *wed*

DATE: *22/1/20*

350 METRES

TRIAL NO.	DISTANCE	1 st SPLIT	OVERALL TIME
1	350m	<i>7.01</i>	<i>20.43</i>
2	350m	<i>6.90</i>	<i>20.33</i>
3	350m	<i>7.08</i>	<i>20.37</i>
4	350m	<i>2.54</i>	<i>12.71</i> HS
5	350m	<i>6.92</i>	<i>20.56</i>
6	350m	<i>6.85</i>	<i>20.27</i>
7	350m	<i>6.75</i>	<i>19.63</i>
8	350m	<i>6.60</i>	<i>19.63</i>
9	350m	<i>6.78</i>	<i>20.12</i>
10	350m	<i>6.82</i>	<i>19.77</i>
11	350m	<i>6.64</i>	<i>19.30</i>
12	350m		
13	350m		
14	350m		
15	350m		
16	350m		
17	350m		
18	350m		
19	350m		
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21	350m		
22	350m		
23	350m		
24	350m		
25	350m		
26	350m		
27	350m		

