

Athletics

Day	Date	Session	Time	Type	M / W	Event
1 Friday	09/09/11	Morning	11:30	First Round	W	100m
			12:10	First Round	M	100m
			12:50	First Round	W	400m
			13:30	First Round	M	400m
		Evening	15:55	Final	W	Javelin
			16:00	Semi final	W	100m
			16:10	Final	M	Long Jump
			16:15	Semi final	M	100m
			16:30	First Round	M	1500m
			16:50	Semi final	W	400m
			17:00	Final	M	High Jump
			17:05	Semi final	M	400m
			17:30	Final	W	1500m
			17:40	Final	W	Discus
			17:50	Final	W	2Km Steeple Chase
			18:15	Final	W	100m
			18:25	Final	M	100m
2 Saturday	10/09/11	Morning	11:00	First Round	W	400m Hurdles
			11:25	First Round	M	400m Hurdles
			11:50	First Round	W	200m
			12:55	First Round	M	200m
		Evening	13:40	First Round	W	100m Hurdles
			16:00	First Round	M	110m Hurdles
			16:05	Final	M	Discus
			16:10	Final	W	Shot
			16:15	First Round	W	800m
			16:30	Final	M	2Km Steeple Chase
			16:45	Final	M	400m
			16:55	Final	W	High Jump
			17:00	Final	W	400m
			17:15	First Round	M	800m
			17:20	Final	W	Long Jump
			17:50	Final	M	110m Hurdles
			18:10	Final	M	1500m
18:25	Final	W	100m Hurdles			

Athletics (cont.)

Day	Date	Session	Time	Type	M / W	Event
3 Sunday	11/09/11	Morning	12:00	Semi final	W	200m
			12:05	Final	M	Javelin
			12:30	Semi final	M	200m
			13:00	Semi final	M	800m
		Evening	15:15	Final	M	Hammer
			15:30	Final	W	400m Hurdles
			15:35	Final	M	Triple Jump
			15:45	Final	M	400m Hurdles
			16:00	Final	W	200m
			16:15	Final	M	200m
			16:25	Final	M	Shot
			16:30	Final	M	3000m
			16:40	Final	W	Triple Jump
			16:45	Final	W	Hammer
			16:50	Final	W	800m
			17:05	Final	W	3000m
			17:25	Final	M	800m
17:40	Final	W	100m Relay			
17:50	Final	M	100m Relay			

Badminton

Day	Date	Session	Time	Type	M / W	Event
1 Friday	09/09/11	Day	10:45 - 20:00	Rounds 1,2,3	M	Singles
				Rounds 1,2,3	W	Singles
				Round 1	M	Doubles
				Round 1	W	Doubles
				Rounds 1,2	Mixed	Doubles
2 Saturday	10/09/11	Day	10:00 - 17:00	Q finals & S Finals	M	Singles
				Q finals & S Finals	W	Singles
				Q finals & S Finals	M	Doubles
				Q finals & S Finals	W	Doubles
				Q finals & S Finals	Mixed	Doubles
3 Sunday	11/09/11	Day	11:00 - 17:00	Bronze Play offs & Finals	M	Singles
				Bronze Play offs & Finals	W	Singles
				Bronze Play offs & Finals	M	Doubles
				Bronze Play offs & Finals	W	Doubles
				Bronze Play offs & Finals	Mixed	Doubles

Boxing

Day	Date	Session	Time	Type	M / W	Event
1 Thursday	08/09/11	Afternoon	12:00 - 20:00	Prelims	M	Bouts
2 Friday	09/09/11	Afternoon	12:00 - 16:00	Quarter finals	M	Bouts
		Evening	17:00 - 21:00	Quarter finals	M	Bouts
3 Saturday	10/09/11	Evening	17:00 - 21:00	Semi-finals	M	Bouts
4 Sunday	11/09/11	Evening	17:00 - 21:00	Finals	M	Bouts

Cycling

Day	Date	Session	Time	Type	M / W	Event
1 Friday	09/09/11	Evening	18:15 - 18:45	Final	W	Time Trial
		Evening	18:45 - 20:00	Final	M	Time Trial
2 Saturday	10/09/11	Morning	10:15 - 12:15	Final	W	Road Race
		Afternoon	13:00 - 15:30	Final	M	Road Race
3 Sunday	11/09/11	Afternoon	14:15 - 15:15	Final	W	Criterium
		Afternoon	15:15 - 16:15	Final	M	Criterium

Women's Gymnastics

Day	Date	Session	Time	Type	M / W	Event
2 Friday	09/09/11	Afternoon	14:00 - 16:45	Final	W	Artistic – Team (3 to count)
3 Saturday	10/09/11	Afternoon	14:00 - 16:15	Final	W	Individual All-Around
4 Sunday	11/09/11	Afternoon	14:00 - 17:30	Final	W	Individual Apparatus Finals

Men's Gymnastics

Day	Date	Session	Time	Type	M / W	Event
2 Friday	09/09/11	Afternoon	14:00 - 17:30	Final	M	Artistic – Team (3 to count)
3 Saturday	10/09/11	Afternoon	14:00 - 17:00	Final	M	Individual All-Around
4 Sunday	11/09/11	Afternoon	14:00 - 19:00	Final	M	Individual Apparatus Finals

Rugby 7's

Day	Date	Session	Time	Type	M / W	Team	Team	Match
1 Saturday	10/09/11	Evening	16:20	Group Matches	M	Pool A - Scotland	Pool A - Isle of Man	1
			16:41	Group Matches	M	Pool A - Australia	Pool A - Canada	2
			17:02	Group Matches	M	Pool B - England	B-Trinidad&Tobago	3
			17:23	Group Matches	M	Pool B - South Africa	Pool B - Sri Lanka	4
			17:44	Break	M			
			17:58	Group Matches	M	Pool A - Scotland	Pool A - Canada	5
			18:19	Group Matches	M	Pool A - Australia	Pool A - Isle of Man	6
			18:40	Group Matches	M	Pool B - England	Pool B - Sri Lanka	7
			19:01	Group Matches	M	Pool B - South Africa	B-Trinidad&Tobago	8
			19:22	Break	M			
			19:36	Group Matches	M	Pool A - Canada	Pool A - Isle of Man	9
			19:57	Group Matches	M	Pool A - Scotland	Pool A - Australia	10
2 Sunday	11/09/11	Evening	20:18	Group Matches	M	Pool B - South Africa	Pool B - England	11
			20:39	Group Matches	M	B-Trinidad&Tobago	Pool B - Sri Lanka	12
			15:50	Quarter Final	M	1st from Pool A	4th from Pool B	13
			16:11	Quarter Final	M	4th from Pool A	1st from Pool B	14
			16:32	Quarter Final	M	2nd from Pool A	3rd from Pool B	15
			16:53	Quarter Final	M	3rd from Pool A	2nd from Pool B	16
			17:14	Break	M			
			17:28	Semi Final Plate & Bowl	M	Loser of Match 14	Loser of Match 15	17
			17:49	Semi Final Plate & Bowl	M	Loser of Match 13	Loser of Match 16	18
			18:10	Semi Final Gold & Bronze	M	Winner of Match 13	Winner of Match 16	19
			18:31	Semi Final Gold & Bronze	M	Winner of Match 14	Winner of Match 15	20
			18:52	Break	M			
19:13	Grand Final Bowl	M	Loser of Match 17	Loser of Match 18	21			
19:34	Grand Final Plate	M	Winner of Match 17	Winner of Match 18	22			
19:55	Grand Final Bronze	M	Loser of Match 19	Loser of Match 20	23			
20:16	Grand Final Gold & Silver	M	Winner of Match 19	Winner of Match 20	24			

Swimming

Day	Date	Session	Time	Type	M / F	Event
1 Friday	09/09/11	Morning	09:00 - 10.41	Heats	W	100 Freestyle
				Heats	M	400 IM
				Heats	W	100 Breaststroke
				Heats	M	200 Backstroke
				Heats	W	50 Butterfly
				Heats	M	100 Breaststroke
				Heats	W	200 Backstroke
				Heats	M	50 Butterfly
				Heats	W	800 Freestyle
				Heats	M	200 Freestyle
				Heats	W	400 Freestyle Relay
				Heats	M	400 Medley Relay
		Evening	18:00 - 20:18	Finals	W	100 Freestyle
				Finals	M	400 IM
				Finals	W	100 Breaststroke
				Finals	M	200 Backstroke
				Finals	W	50 Butterfly
				Finals	M	100 Breaststroke
				Finals	W	200 Backstroke
				Finals	M	50 Butterfly
				Finals	W	800 Freestyle
				Finals	M	200 Freestyle
				Finals	W	400 Freestyle Relay
				Finals	M	400 Medley Relay

Swimming (cont.)

Day	Date	Session	Time	Type	M / F	Event
2 Saturday	10/09/11	Morning	09:00 - 10:50	Heats	W	200 IM
				Heats	M	100 Freestyle
				Heats	W	50 Freestyle
				Heats	M	50 Backstroke
				Heats	W	200 Butterfly
				Heats	M	200 Breaststroke
				Heats	W	50 Breaststroke
				Heats	M	100 Butterfly
				Heats	W	100 Backstroke
				Heats	M	1500 Freestyle
				Heats	W	400 Freestyle
				Heats	M	400 Freestyle Relay
				Heats	W	800 Freestyle Relay
				Evening	17:30 - 20:01	Finals
		Finals	M			100 Freestyle
		Finals	W			50 Freestyle
		Finals	M			50 Backstroke
		Finals	W			200 Butterfly
		Finals	M			200 Breaststroke
		Finals	W			50 Breaststroke
		Finals	M			100 Butterfly
		Finals	W			100 Backstroke
		Finals	M			1500 Freestyle
		Finals	W			400 Freestyle
Finals	M	400 Freestyle Relay				
Finals	W	800 Freestyle Relay				
3 Sunday	11/09/11	Morning	09:00 - 10:58			Heats
				Heats	W	400 IM
				Heats	M	400 Freestyle
				Heats	W	50 Backstroke
				Heats	M	100 Backstroke
				Heats	W	100 Butterfly
				Heats	M	50 Breaststroke
				Heats	W	200 Breaststroke
				Heats	M	200 Butterfly
				Heats	W	200 Freestyle
				Heats	M	50 Freestyle
				Heats	W	400 Medley Relay
				Heats	M	800 Freestyle Relay
				Evening	17:30 - 20:01	Finals
		Finals	W			400 IM
		Finals	M			400 Freestyle
		Finals	W			100 Butterfly
		Finals	M			100 Backstroke
		Finals	W			50 Backstroke
		Finals	M			50 Breaststroke
		Finals	W			200 Breaststroke
		Finals	M			200 Butterfly
		Finals	W			200 Freestyle
		Finals	M			50 Freestyle
Finals	W	400 Medley Relay				
Finals	M	800 Freestyle Relay				