

DAY 5 – Friday 25 September

Athletics – BCI (Tereora) National Stadium

1:00pm	Men's	High Jump	Finals
2:00pm	Women's	100m Hurdles	Finals
2:20pm	Men's	110m Hurdles	Finals
2:30pm	Women's Heptathlon	Long Jump	5/7 Event
	Men's	Shot Put	Finals
3:00pm	Women's	200m	Heats
3:20pm	Men's	200m	Semi Finals
3:50pm	Women's	1500m	Finals
4:00pm	Women's Heptathlon	Javelin Throw	6/7 Event
4:30pm	Men's	5000m	Finals
5:00pm	Women's	Triple Jump	Finals
5:30pm	Women's Heptathlon	800m	7/7 Event
5:50pm	Women's	200m	Finals
6:00pm	Men's	200m	Finals

Boxing – Are Karioi Nui -National Auditorium

No Boxing today - Final tomorrow at 7pm

Golf – Rarotonga Golf Club

7:30am	Morning Session Tee Off – tee off times can be found on Golf Website	Round 4 / Final
11:30pm	Afternoon Session Tee Off - ee off times can be found on Golf Website	Round 4 / Final
6:30pm	Golf Medal Presentation	

Lawn Bowls – Rarotonga Bowling Club

9:00am	Round 5 and Final Round	Men & Ladies	Pairs
		Men & Ladies	Triples
Medal Presentation will be at conclusion of lawn bowls competition – Thursday October 1st			

Netball – Telecom Sports Arena -National Sports Indoor Centre

1:00pm	Play Off 5&6	Niue vs Tonga	G1
3.00pm	Semi Final	Fiji vs Cook Islands	G2
5:00pm	Semi Final	PNG vs Tokelau	G3

Sailing – Aitutaki Lagoon

9:30pm	Team 2	Hobie 16 Event
	Men's 2	Laser Event
11:00pm	Team 1	Hobie 16 Event
	Women's 2	Laser Event
1:30pm	Team 2	Hobie 16 Event
	Men's 1	Laser Event
3:00pm	Team 1	Hobie 16 Event
	Women's 1	Laser Event

Squash – Telecom Sports Arena -National Sports Indoor Centre

Team Event	Ladies	Men
9:00am	New Caledonia vs Fiji	PNG vs BYE
1:00pm	Cook Islands vs BYE	New Caledonia vs Samoa
5:00pm	PNG vs Samoa	Fiji vs Cook Islands

Table Tennis – Aroa Nui Hall

9:00am	Men's Team Event	1 st Semi – Fiji vs New Caledonia 2 nd Semi – Tahiti vs Vanuatu Play Off – Kiribati vs Sol Islands Play Off – Samoa vs Tonga
1.00pm	Women's Team Event	Play Offs / Placings 5 & 6 – Sol Islands vs New Cal 7 & 8 – Cooks vs Tonga
5.00pm	Men's Team Event	Play Offs / Placings 5 & 6 – to be decided 7 & 8 – to be decided

Tennis – National Tennis Centre, Nikao

8:00am	Women's Singles	Round 1 / Continue
	Men's Doubles	Round 1
1:00pm	Mix Doubles	Round 2
	Men's Singles	Round 2 / Continue
	Women's Singles	Round 2

Touch Rugby – Cook Islands Football Academy, Matavera

9:00am	Women's Semi Finals	1 st Semi – Cook Islands vs Niue 2 nd Semi – PNG vs Samoa
10.00am	Men's Semi Finals	1 st Semi – Cook Islands vs Samoa 2 nd Semi – Fiji vs Niue
11.00am	Women's Play Off	
12.00pm	Men's Play Off	
1.00pm	Women's Bronze Play Off	
2.00pm	Men's Bronze Play Off	
3.00pm	Women's Gold/Silver Play Off	
4.00pm	Men's Gold/Silver Play Off	
5:00pm	Touch Medal Presentation	

Va'a / Canoeing – Avarua Harbour

8:300am	Women's	V1 10km Marathon	Finals
12:00pm	Men's	V1 15km Marathon	Finals