

# TIMETABLE

## DAY 1 - SESSION 1 - THURSDAY 11 JULY 2019

10:00	100m H Hep	W	Hep
10:05	Hammer Throw	W	Q A
10:10	Long Jump	M	Q A+B
10:45	100m	M	R1
11:05	Shot Put	M	Q A+B
11:15	High Jump Hep	W	A+B
11:20	400m	W	R1
11:35	Hammer Throw	W	Q B
11:50	100m	W	R1
12:20	400m	M	R1

## DAY 1 - SESSION 2 - THURSDAY 11 JULY 2019

16:00	Discus Throw	W	Q A
16:20	100m H	W	R1
16:30	Pole Vault	M	Q A+B
16:50	800m	W	R1
17:10	Shot Put Hep	W	A+B
17:15	Discus Throw	W	Q B
17:20	110m H	M	R1
17:55	3000 SC	W	R1
18:27	Javelin Throw	M	Q A
18:30	100m	M	SF
18:45	100m	W	SF
19:00	1500m	M	R1
19:05	Triple Jump	W	Q A+B
19:20	200m Hep	W	Hep
19:45	Javelin Throw	M	Q B
19:50	10000m	M	Final

## DAY 2 - SESSION 3 - FRIDAY 12 JULY 2019

09:30	Hammer Throw	M	Q A
10:25	Long Jump Hep	W	A+B
10:30	400m H	W	R1
10:35	High Jump	W	Q A+B
10:50	Hammer Throw	M	Q B
11:00	400m H	M	R1
11:30	1500m	W	R1
11:35	Shot Put	W	Q A+B
11:45	800m	M	R1
12:05	Javelin Hep	W	A
13:20	Javelin Hep	W	B

## DAY 2 - SESSION 4 - FRIDAY 12 JULY 2019

16:00	100m H	W	SF
16:15	400m	W	SF
16:30	Long Jump	M	Final
16:35	110m H	M	SF
16:40	Hammer Throw	W	Final
16:55	400m	M	SF
17:05	10000M (1)	M	VC
17:15	3000 SC	M	R1
17:20	Pole Vault	W	Q A+B
17:45	100m	W	Final
17:55	100m	M	Final
18:05	800m Hep	W	Hep
18:18	100m (2)	W	VC
18:28	Long Jump (3)	M	VC
18:30	Discus Throw	W	Final
18:35	100m H	W	Final
18:38	Hammer Throw(4)	W	VC
18:45	110m H	M	Final
18:48	100m (5)	M	VC
18:50	Triple Jump	W	Final
18:55	200m	W	R1
18:58	Heptathlon (6)	W	VC
19:00	Shot Put	M	Final
19:10	100m H (7)	W	VC
19:20	200m	M	R1
19:31	110m H (8)	M	VC
19:50	10000m	W	Final
20:23	Discus Throw (9)	W	VC

## DAY 3 - SESSION 5 - SATURDAY 13 JULY 2019

10:00	Javelin Throw	W	Q A
10:05	100m Dec	M	Dec
10:30	High Jump	M	Q A+B
10:55	4x400m Relay	W	R1
11:00	Long Jump Dec	M	A+B
11:15	Javelin Throw	W	Q B
11:20	4x400m Relay	M	R1
12:20	Long Jump	W	Q A+B
12:35	Discus Throw	M	Q A
12:40	Shot Put Dec	M	A+B
13:50	Discus Throw	M	Q B

## DAY 3 - SESSION 6 SATURDAY 13 JULY 2019

16:15	High Jump Dec	M	A+B
16:55	Hammer Throw	M	Final
17:00	400m H	W	SF
17:04	Triple Jump (10)	W	VC
17:14	Shot Put (11)	M	VC
17:20	400m H	M	SF
17:30	Pole Vault	M	Final
17:35	Triple Jump	M	Q A+B
17:40	200m	W	SF
17:55	200m	M	SF
18:10	400m	W	Final
18:20	1500m	M	Final
18:25	10000m (12)	W	VC
18:30	High Jump	W	Final
18:32	400m	M	Final
18:40	800m	W	Final
18:40	Shot Put	W	Final
18:45	Javelin Throw	M	Final
18:50	3000m SC	W	Final
19:00	Hammer Throw(13)	M	VC
19:04	400m (14)	W	VC
19:10	400m Dec	M	Dec
19:13	1500m (15)	M	VC
19:23	400m (16)	M	VC
19:30	800m (17)	W	VC
19:45	200m	W	Final
19:49	3000m SC (18)	W	VC
19:55	200m	M	Final
19:58	Pole Vault (19)	M	VC
20:05	5000m	M	Final
20:20	High Jump (20)	W	VC

## DAY 4 - SESSION 7 - SUNDAY 14 JULY 2019

09:30	110m H Dec	M	Dec
10:20	Discus Throw Dec	M	A
11:00	4x100m Relay	W	R1
11:20	4x100m Relay	M	R1
11:35	Discus Throw Dec	M	B
12:15	20 Km Walk	W	Final
14:15	20 Km Walk	M	Final
13:10	Pole Vault Dec	M	A+B
14:50	Javelin Throw Dec	M	A

## DAY 4 - SESSION 8 - SUNDAY 14 JULY 2019

16:05	Javelin Throw Dec	M	B
16:20	Shot Put (21)	W	VC
16:25	Javelin Throw (22)	M	VC
16:30	200m (23)	W	VC
16:35	200m (24)	M	VC
16:40	5000m (25)	M	VC
16:45	Long Jump	W	Final
16:50	20 Km Walk (26)	W	VC
17:00	400 H	W	Final
17:05	Pole Vault	W	Final
17:06	20 Km Walk (27)	M	VC
17:15	400 H	M	Final
17:15	Javelin Throw	W	Final
17:25	1500m	W	Final
17:33	400m H (28)	W	VC
17:40	3000m SC	M	Final
17:45	High Jump	M	Final
17:50	400m H (29)	M	VC
18:00	800m	M	Final
18:05	1500m (30)	W	VC
18:15	1500m Dec	M	Dec
18:23	3000m SC (31)	M	VC
18:30	Triple Jump	M	Final
18:35	5000m	W	Final
18:52	Long Jump (32)	W	VC
18:55	Discus Throw	M	Final
18:57	Javelin Throw (33)	W	VC
19:02	800m (34)	M	VC
19:10	4x100m Relay	M	Final
19:14	Decathlon (35)	M	VC
19:25	4x100m Relay	W	Final
19:28	5000m (36)	W	VC
19:40	4x400m Relay	M	Final
19:48	Pole Vault (37)	W	VC
19:55	4x400m Relay	W	Final
20:02	High Jump (38)	M	VC
20:07	Triple Jump (39)	M	VC
20:12	Discus Throw (40)	M	VC