

**TIMETABLE**

as on 17 January 2019

DAY 1 - Thursday Morning, 18 July			
9:45	Hammer Throw	M	QA
10:00	Pole Vault	M	QAB
10:06	100m H Hep	W	Heats
10:30	100m H	W	R1
11:00	High Jump Hep	W	AB
11:03	Hammer Throw	M	QB
11:10	110m H	M	R1
11:45	400m	M	R1
12:21	Discus Throw	W	QA
12:25	100m	W	R1
12:30	Triple Jump	W	QAB
13:00	Shot Put	M	QAB
13:05	100m	M	R1
13:39	Discus Throw	W	QB
13:45	400m	W	R1

DAY 2 - Friday Morning, 19 July			
9:45	Discus Throw	M	QA
10:00	100m Dec	M	Heats
10:02	Long Jump Hep	W	AB
10:05	Pole Vault	W	QAB
10:25	800m	M	R1
11:00	3000m SC	M	R1
11:02	Discus Throw	M	QB
11:20	Long Jump Dec	M	AB
11:48	100m H	W	SF
12:16	110m H	M	SF
12:20	Hammer Throw	W	QA
12:30	High Jump	M	AB
12:41	800m	W	SF
12:58	400m H	M	R1
13:00	Shot Put Dec	M	AB
13:30	400m H	W	R1
13:40	Hammer Throw	W	QB

DAY 3 - Saturday Morning, 20 July			
9:50	110m H Dec	M	Heats
10:10	Long Jump	W	QAB
10:30	800m	M	SF
10:35	Discus Throw Dec	M	A
11:00	200m	W	SF
11:30	Shot Put	W	QAB
11:32	200m	M	SF
11:40	Discus Throw Dec	M	B
12:00	4 x 400m Relay	W	R1
12:30	4 x 400m Relay	M	R1
12:50	Javelin Throw	M	QA
13:00	Pole Vault Dec	M	A
13:45	Pole Vault Dec	M	B
14:10	Javelin Throw	M	QB

DAY 4 - Sunday Morning, 21 July			
9:49	100m H	W	VC
9:54	110m H	M	VC
10:00	10,000m R.Walk	W	F
10:05	Discus Throw	M	F
10:30	Shot Put	W	F
10:55	Pole Vault	M	VC
10:59	Decathlon	M	VC
11:05	10,000m R.Walk	M	F
11:18	Long Jump	W	F
11:55	Triple Jump	W	VC
11:59	Hammer Throw	W	VC
12:05	400m H	W	F
12:08	10,000m R.Walk	W	VC
12:14	Javelin Throw	M	F
12:20	400m H	M	F
12:25	Discus Throw	M	VC
12:30	3000m	W	F
12:40	10,000m R.Walk	M	VC
12:52	4 x 100m Relay	W	R1
12:56	400m H	M	VC
13:07	400m H	W	VC
13:12	3000m	W	VC
13:17	4 x 100m Relay	M	R1

DAY 1 - Thursday Evening 18 July			
16:00	800m	W	R1
16:04	Shot Put Hep	W	AB
16:32	1500m	M	R1
17:00	High Jump	W	QAB
17:04	100m	W	SF
17:15	Javelin Throw	W	QA
17:28	100m	M	SF
17:50	1500m	W	R1
18:25	200m Hep	W	Heats
18:45	Javelin Throw	W	QB
18:47	3000m	M	R1
19:00	Long Jump	M	QAB
19:20	3000m SC	W	R1

DAY 2 - Friday Evening, 19 July			
15:30	Javelin Throw Hep	W	A
16:15	200m	M	R1
16:30	High Jump Dec	M	AB
16:35	Javelin Throw Hep	W	B
16:55	400m	W	SF
17:05	Long Jump	M	F
17:25	400m	M	SF
17:50	Discus Throw	W	F
17:52	200m	W	R1
18:30	800m Hep	W	F
18:45	Shot Put	M	F
19:00	3000m	W	R1
19:12	Long Jump	M	VC
19:35	Hammer Throw	M	F
19:47	Discus Throw	W	VC
19:55	400m Dec	M	Heats
20:19	100m	M	F
20:23	Shot Put	M	VC
20:29	Heptathlon	W	VC
20:35	100m	W	F

DAY 3 - Saturday Evening 20 July			
15:55	100m	M	VC
16:00	100m	W	VC
16:05	Triple Jump	M	QAB
16:15	Hammer Throw	M	VC
16:20	Javelin Throw Dec	M	A
16:25	High Jump	W	F
16:35	3000m	M	F
16:50	400m H	W	SF
17:15	400m H	M	SF
17:33	3000m SC	W	F
17:35	Javelin Throw Dec	M	B
17:45	3000m	M	VC
17:50	Pole Vault	M	F
18:00	800m	W	F
18:15	1500m	M	F
18:25	200m	W	F
18:19	Triple Jump	W	F
18:35	200m	M	F
18:38	High Jump	W	VC
18:44	Hammer Throw	W	F
18:46	400m	W	F
18:52	3000m SC	W	VC
19:00	400m	M	F
19:05	800m	W	VC
19:10	1500m	M	VC
19:16	100m H	W	F
19:20	200m	W	VC
19:25	200m	M	VC
19:31	110m H	M	F
19:35	400m	W	VC
19:40	400m	M	VC
19:45	1500m Dec	M	F

DAY 4 - Sunday Evening 21 July			
15:40	Long Jump	W	VC
15:45	Javelin Throw	M	VC
15:54	3000m SC	M	F
16:05	Shot Put	W	VC
16:12	High Jump	M	F
16:18	Pole Vault	W	F
16:20	5000m	M	F
16:37	Triple Jump	M	F
16:47	4 x 100m Relay	W	F
16:50	3000m SC	M	VC
17:00	4 x 100m Relay	M	F
17:08	5000m	M	VC
17:15	4 x 100m Relay	W	VC
17:25	5000m	W	F
17:45	Javelin Throw	W	F
17:46	4 x 100m Relay	M	VC
18:00	800m	M	F
18:05	High Jump	M	VC
18:20	5000m	W	VC
18:25	Triple Jump	M	VC
18:33	1500m	W	F
18:40	800m	M	VC
18:50	4 x 400m Relay	W	F
19:05	Pole Vault	W	VC
19:10	1500m	W	VC
19:15	Javelin Throw	W	VC
19:25	4 x 400m Relay	M	F

FB 4 x 400m Relay W VC  
FB 4 x 400m Relay M VC

FB = Final banquet