

TIME TABLE

DAY 1 - 13 JULY - THURSDAY

Morning

10:00	100m H Hep	W	
10:05	Hammer Throw	M	Q A
10:25	100m	W	R1
10:45	Shot Put	M	Q A+B
11:10	100m	M	R1
11:15	High Jump Hep	W	A+B
11:35	Hammer Throw	M	Q B
11:45	Long Jump	M	Q A+B
12:03	400m	M	R1
12:40	400m	W	R1

Evening

14:45	Javelin Throw	M	Q A
15:05	Shot Put Hep	W	A+B
16:00	3000m SC	W	R1
16:25	Javelin Throw	M	Q B
16:35	Triple Jump	W	Q A+B
16:40	1500m	M	R1
17:00	Pole Vault	W	Q A+B
17:15	200m Hep	W	
17:40	High Jump	M	Q A+B
17:50	800m	W	R1
18:00	Discus Throw	W	Q A
18:30	10,000m	M	Final
19:10	Discus Throw	W	Q B
19:15	100m	W	SF
19:32	10,000m	M	MC
19:40	100m	M	SF

DAY 2 - 14 JULY - FRIDAY

Morning

10:00	100m H	W	R1
10:05	Hammer Throw	W	Q A
10:39	High Jump	W	Q A+B
10:45	110m H	M	R1
11:00	Pole Vault	M	Q A+B
11:40	Hammer Throw	W	Q B
11:20	1500m	W	R1
11:50	800m	M	R1
12:25	Long Jump Hep	W	A+B
12:30	400m H	W	R1
13:00	400m H	M	R1

Evening

14:50	Javelin Throw Hep	W	A
15:35	3000m SC	M	R1
15:50	Shot Put	W	Q A+B
16:10	Javelin Throw	W	B
16:16	100m	W	Final
16:24	Triple Jump	W	Final
16:30	100m	M	Final
16:40	400m	W	SF
17:00	100m	W	MC
17:10	400m	M	SF
17:29	100m	M	MC
17:42	Hammer Throw	M	Final
17:55	800m Hep	W	Final
18:10	Shot Put	M	Final
18:24	200m	W	R1
19:02	Long Jump	M	Final
19:14	200m	M	R1
19:15	Triple Jump	W	MC
19:22	Heptathlon	W	MC
19:45	10,000m	W	Final
19:50	Discus Throw	W	Final
20:32	100m H	W	SF
20:33	Hammer Throw	M	MC
21:05	110m H	M	SF
21:06	Shot Put	M	MC
21:15	10,000m	W	MC

DAY 3 - 15 JULY - SATURDAY

Morning

10:00	Discus Throw	M	Q A
10:05	100m Dec	M	
11:00	Long Jump Dec	M	A+B
11:20	Discus Throw	M	Q B
11:35	4 x 400m Relay	W	R1
12:05	4 x 400m Relay	M	R1
12:50	Long Jump	W	Q A+B
12:35	Shot Put Dec	M	A+B
13:00	Javelin Throw	W	Q A+B

Evening

15:38	Discus Throw	W	MC
15:45	High Jump Dec	M	A+B
15:48	400m H	W	SF
16:05	Shot Put	W	Final
16:09	400m H	M	SF
16:20	Long Jump	M	MC
16:31	200m	W	SF
16:35	Triple Jump	M	Q A+B
16:52	200m	M	SF
17:16	3000m SC	W	Final
17:20	Pole Vault	W	Final
17:35	Javelin Throw	M	Final
17:40	1500m	M	Final
17:45	Shot Put	W	MC
17:55	100m H	W	Final
17:57	3000m SC	W	MC
18:07	110m H	M	Final
18:19	400m	W	Final
18:21	1500m	M	MC
18:25	100m H	W	MC
18:35	400m	M	Final
18:50	High Jump	M	Final
18:55	800m	M	SF
18:58	110m H	M	MC
19:09	400m	W	MC
19:18	800m	W	Final
19:22	Javelin Throw	M	MC
19:30	Hammer Throw	W	Final
19:31	400m	M	MC
19:40	400m Dec	M	
20:02	800m	W	MC
20:10	5000m	M	Final
20:30	200m	W	Final
20:48	200m	M	Final
20:51	Pole Vault	W	MC
20:55	5000m	M	MC

DAY 4 - 16 JULY - SUNDAY

Morning

09:00	20km Race Walk	M	Final
09:30	110m H Dec	M	
11:00	20km Race Walk	W	Final
10:20	Discus Throw Dec	M	A
11:38	Discus Throw Dec	M	B
13:25	Pole Vault Dec	M	A+B

Evening

14:07	20km Race Walk	W	MC
14:12	20km Race Walk	M	MC
14:17	Hammer Throw	W	MC
14:22	High Jump	M	MC
14:30	Discus Throw	M	Final
14:32	4 x 100m Relay	W	R1
15:08	4 x 100m Relay	M	R1
15:35	Long Jump	W	Final
15:57	400m H	W	Final
16:01	200m	M	MC
16:10	High Jump	W	Final
16:13	200m	W	MC
16:20	Javelin Throw Dec	M	A
16:28	400m H	M	Final
16:32	Discus Throw	M	MC
16:36	400m H	W	MC
17:05	1500m	W	Final
17:11	400m H	M	MC
17:19	3000m SC	M	Final
17:31	Javelin Throw Dec	M	B
17:31	Long Jump	W	MC
17:40	Pole Vault	M	Final
17:45	800m	M	Final
17:48	1500m	W	MC
17:56	5000m	W	Final
18:00	Triple Jump	M	Final
18:14	3000m SC	M	MC
18:24	4 x 100m Relay	W	Final
18:26	800m	M	MC
18:30	High Jump	W	MC
18:40	4 x 100m Relay	M	Final
18:43	5000m	W	MC
18:52	1500m Dec	M	Final
19:00	Javelin Throw	W	Final
19:27	4 x 100m Relay	W	MC
19:38	4 x 400m Relay	W	Final
19:44	4 x 100m Relay	M	MC
19:55	4 x 400m Relay	M	Final
20:12	Pole Vault	M	MC
20:16	Triple Jump	M	MC
20:20	Decathlon	M	MC
20:24	Javelin Throw	W	MC