

## Timetable

<b>DAY 1 - Saturday, 10 August</b>		
15:00	Hammer Throw	W
15:10	Pole Vault	W
16:30	400m H	W
16:45	400m H	M
17:05	Triple Jump	W
17:10	100m	W
17:15	Javelin Throw	M
17:25	100m	M
17:30	Shot Put	M
17:45	800m	W
17:55	1500m	M
18:05	3000m	W
18:20	High Jump	M
18:25	400m	W
18:40	400m	M
18:45	Long Jump	M
18:50	Discus Throw	W
18:55	3000m SC	W
19:15	5000m	M
19:35	4 x 100m Relay	W
19:50	4 x 100m Relay	M

<b>DAY 2 - Sunday, 11 August</b>		
14:55	Pole Vault	M
15:15	Hammer Throw	M
16:45	100m H	W
16:50	Triple Jump	M
17:00	Discus Throw	M
17:05	110m H	M
17:15	Shot Put	W
17:20	800m	M
17:30	1500m	W
17:45	3000m SC	M
18:05	High Jump	W
18:08	200m	W
18:20	200m	M
18:30	Long Jump	W
18:35	5000m	W
19:00	3000m	M
18:40	Javelin Throw	W
19:20	4 x 400m Relay	W
19:40	4 x 400m Relay	M