

**BALTIC TEAM CHAMPIONSHIPS/ PRESIDENT'S CUP**  
**14.-15.08.2020**  
**OGRE, LAT**

**COMPETITION TIME TABLE**

**DAY 1**

<b>TIME</b>	<b>MEN</b>	<b>WOMEN</b>
16:00		Discus Throw
16:30	Opening Ceremony	
16:55		100 m
17:05	100 m	Triple Jump
17:10	Pole Vault	
17:20		3000 m SC
17:30		Javelin Throw
17:35	1500 m	
18:00	<u>Award ceremony:</u> <i>Discus Throw (W); 100m (W &amp; M); 1500m (M); Triple Jump (W); 3000m SC (W)</i>	
18:15		800 m
18:30	Long Jump	
18:35	5000 m	
18:50		High Jump
19:00	Javelin Throw	
19:10	<u>Award ceremony:</u> <i>Pole Vault (M); Javelin Throw (W); 800m (W); 5000m (M)</i>	
19:25		400 m
19:35	400 m	
19:50	<u>Award ceremony with musical performance by Musiqq:</u> <i>Long Jump (M); High Jump (W); Javelin Throw (M); 400m (M &amp; W)</i>	
20:10		4x100 m
20:20	4x100 m	

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**DAY 2**

<b>TIME</b>	<b>MEN</b>	<b>WOMEN</b>
9:30	10000 m RW	5000 m RW
10:20	Discus Throw	
11:00		Pole Vault
11:20	400 m/H	
11:35		400 m/H
11:50	Shot Put	
11:55		5000m
12:25	<i>Award ceremony:</i>	
	<i>4x100m (M &amp; W); 5000m RW (W); 10000m RW (M); Discus Throw (M); 400m/H (M &amp; W)</i>	
12:40	800m	
12:50	Triple Jump	
12:55		100 m/H
13:10		1500m
13:20	<i>Award ceremony:</i>	
	<i>5000m (W); Pole Vault (M); Shot Put (M); 800m (M); 100m/H (W)</i>	
13:30	High Jump	
13:40	110 m/H	
13:45		Shot Put
	<i>Award ceremony:</i>	
14:00	<i>1500m (W); 110m/H (M); Triple Jump (M)</i>	
14:10		200m
14:20	200m	Long Jump
14:35	3000 m SC	
14:50		4x400 m
15:00	4x400 m	
15:15	<i>Award ceremony:</i>	
	<i>200m (M &amp; W); High Jump (M); Long Jump (W); Shot Put (W); 3000m SC (M); Hammer Throw (M &amp; W); 4x400m (M &amp; W)</i>	
15:25	<i>Team Award ceremony</i>	
In Platone		
11:00		Hammer Throw
12:30	Hammer Throw	