

**BALTIC TEAM CHAMPIONSHIPS/ PRESIDENT'S CUP**  
**13.-14.08.2021.**  
**VALMIERA, LATVIA**

**TIMETABLE**

**DAY 1**

<b>TIME</b>	<b>MEN</b>	<b>WOMEN</b>
16:00		Hammer Throw
17:00		100 m
17:05	Pole Vault	
17:10		Triple Jump
17:15	100 m	
17:30		Javelin Throw
17:35		3000 m SC
17:50	Shot Put	
18:00	1500 m	
18:15		800 m
18:20	Long Jump	
18:30	5000 m	
18:40		High Jump
18:50	Javelin Throw	
19:15		400 m
19:25	400 m	
19:30	OPENING CEREMONY	
20:00		4x100 m
20:10	4x100 m	

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**DAY 2**

<b>TIME</b>	<b>MEN</b>	<b>WOMEN</b>
9:00	10000 m RW	5000 m RW
10:20	Hammer Throw	
11:30		Pole Vault
11:40	400 m/b	
11:45		Shot Put
11:50	Discus Throw	
11:55		400 mH
12:10		5000 m
12:35	Triple Jump	
12:40	800 m	
13:15	110 m/b	
13:20		Discus Throw
13:30		100 m/b
13:35	High Jump	
13:45	3000 m SC	
14:10		200 m
14:15		Long Jump
14:20	200 m	
14:35		1500 m
14:50		4x400 m
15:00	4x400 m	
15:30	TEAM AWARD CEREMONY	