

BALTIC TEAM CHAMPIONSHIPS/ PRESIDENT'S CUP
04.-05.08.2023.
VALMIERA, LATVIA

COMPETITION TIMETABLE

DAY 1

TIME	EVENT	SEX
15:30	Hammer Throw	W, M
17:00	110 mH	M
17:05	Pole Vault	W
17:10	Shot Put	W, M
17:15	100 mH	W
17:25	Long Jump	W, M
17:30	3000 m SC	M
17:45	High Jump	M
17:50	3000 m SC	W
17:55	Javelin Throw	W, M
18:10	400 m	W
18:20	400 m	M
18:35	1500 m	W
18:45	1500 m	M
19:05	100 m	W
19:15	100 m	M
19:30	OPENING CEREMONY	
20:00	4x100 m	W
20:10	4x100 m	M

DAY 2

TIME	EVENT	SEX
10:30	5000 m & 10000 m RW	W, M
11:30	5000 m	M
11:35	Discus Throw	W, M
11:40	Triple Jump	M
11:55	400 mH	M
12:05	Pole Vault	M
12:10	400 mH	W
12:20	High Jump	W
12:25	800 m	W
12:35	800 m	M
12:50	200 m	W
13:00	200 m	M
13:05	Triple Jump	W
13:15	5000 m	W
13:50	4x400 m mixed relay	W+M
14:15	TEAM AWARD CEREMONY	