

## TIMETABLE

as on 14 January 2019

Day 0 - Friday 9 August			
15:25	Extra 100m	M	Non-scoring event*
15:37	Extra 100m	W	Non-scoring event*
15:55	Hammer Throw	M	1-3
16:00	110m H	M	1
16:18	100m H	W	1
16:35	100m	M	1
16:45	4. Hammer Throw	M	4
16:52	100m	W	1
17:05	200m	M	1
17:18	200m	W	1
17:30	Discus Throw	W	1-3
17:33	400m	M	1
17:46	400m	W	1
18:08	400m H	M	1
18:20	4. Discus Throw	W	4
18:26	400m H	W	1

\* these races are available for relay members not entered in individual races

Day 1 - Saturday 10 August			
13:45	Pole Vault	W	
14:30	Hammer Throw	W	1-3
<b>14:15</b>	<b>Opening Ceremony</b>		
14:55	Triple Jump	W	1-3
14:47	400m H	W	1
14:57	400m H	M	1
15:07	100m	W	1
15:15	100m	M	1
15:17	Shot Put	M	1-3
15:20	4. Hammer Throw	W	4
15:27	3000m	W	1
15:48	4. Triple Jump	W	4
15:45	800m	W	1
15:55	400m	W	1
16:00	High Jump	M	
16:01	4. Shot Put	M	4
16:06	400m	M	1
16:14	5000m	M	1
16:50	Long Jump	M	1-3
16:37	3000m SC	W	1
16:40	Javelin Throw	W	1-3
16:53	1500m	M	1
17:06	4 x 100m Relay	W	1
17:15	4 x 100m Relay	M	1
17:40	4. Long Jump	M	4
17:27	4. Javelin Throw	W	4
17:35	4 x 100m Relay	W	2
17:46	4 x 100m Relay	M	2

Day 2 - Sunday 11 August			
12:30	Pole Vault	M	
13:05	110m H	M	1
13:00	Triple Jump	M	1-3
13:19	100m H	W	1
13:26	Discus Throw	M	1-3
13:32	800m	M	1
13:44	1500m	W	1
13:47	Shot Put	W	1-3
13:53	4. Triple Jump	M	4
14:00	3000m SC	M	1
14:11	High Jump	W	
14:13	4. Discus Throw	M	4
14:21	200m	W	1
14:29	200m	M	1
14:32	4. Shot Put	W	4
14:40	5000m	W	1
14:46	Long Jump	W	1-3
14:58	Javelin Throw	M	1-3
15:03	3000m	M	1
15:20	4 x 400m Relay	W	1
15:31	4 x 400m Relay	M	1
15:36	4. Long Jump	W	4
15:45	4. Javelin Throw	M	4
15:52	4 x 400m Relay	W	2
16:03	4 x 400m Relay	M	2
<b>16:15</b>	<b>Victory Ceremony</b>		