

E A P M A L T A 2 0 1 9 I N T E R N A T I O N A L T I M E T A B L E

TIME	TRACK			JUMPS			THROWS		
11:30				LONG JUMP	Y	B	HAMMER	O	M
12:00	110MH	O	M						
12:15	100MH	O	W						
12:35	800M	O	M	LONG JUMP	Y	G			
12:45	800M	O	W						
12:55	800M	Y	B						
13:05	800M	Y	G						
13:20	100M	O	M						
13:27	100M	O	M						
13:34	100M	O	M						
13:40							DISCUS	O	M
13:41	100M	O	W						
13:48	100M	O	W	HIGH JUMP	Y	B, G			
13:50				LONG JUMP	O	M			
14:00									
M E D A L C E R E M O N Y									
14:15	100M	Y	B						
14:22	100M	Y	B						
14:29	100M	Y	G						
14:36	100M	Y	G						
14:58	1500M	O	M						
15:00							JAVELIN	O	M
15:15	100M FINAL	O	M						
15:25	100M FINAL	O	W						
15:40	5000M	O	W	TRIPLE JUMP	O	W			
M E D A L C E R E M O N Y									
16:30				TRIPLE JUMP	O	M	JAVELIN	O	W
16:45	400M	O	M						
16:53	400M	O	M						
17:01	400M	O	W						
17:09	400M	O	W						
17:17	400M	Y	B						
17:25	400M	Y	G						
17:40	200M	O	M						
17:47	200M	O	M						
17:53	200M	O	W						
18:00	200M	O	W	LONG JUMP	O	W			
18:15	5000M	O	M						
18:45	4X100M REL	O	M						
18:55	4X100M REL	O	W						
M E D A L C E R E M O N Y									

C A L L R O O M

EVENT	LAST CALL	ENTRANCE TO INFIELD
HURDLES	25 MINUTES	15 MINUTES
OTHER TRACK EVENTS	20 MINUTES	10 MINUTES
HIGH JUMP	55 MINUTES	45 MINUTES
OTHER FIELD EVENTS	40 MINUTES	30 MINUTES