

T I M E T A B L E

TIME	TRACK	CAT	GEN	JUMPS		CAT	GEN	THROWS	CAT	GEN
M O R N I N G S E S S I O N										
09:00	5000M - HEAT 1	O	M	LONG JUMP		Y	B			
09:30	1500M	O	M	POLE VAULT		O	W			
09:45	100M	Y	B							
09:50	100M	Y	B					HAMMER	O	W
09:55	100M	Y	G							
10:00	100M	Y	G							
10:35	800M	Y	B	LONG JUMP		O	W			
10:40	800M	O	W							
10:45	800M	O	M							
10:50	M E D A L C E R E M O N Y									
11:25	200M - HEAT 1	O	M							
11:30	200M - HEAT 2	O	M					DISCUS	O	M,W
11:35	200M - HEAT 3	O	M							
11:40	200M - HEAT 1	O	W							
11:45	200M - HEAT 2	O	W	LONG JUMP		Y	G			
11:50	M E D A L C E R E M O N Y									

A F T E R N O O N S E S S I O N										
17:00	110MH	O	M							
17:15				TRIPLE JUMP		O	W,M			
17:20	100MH	O	W							
17:40	100M - HEAT 1	O	M							
17:45	100M - HEAT 2	O	M							
17:50	100M - HEAT 3	O	M							
17:55	100M - HEAT 1	O	W					SHOT PUT	O	W
18:00	100M - HEAT 2	O	W							
18:05	100M - HEAT 3	O	W							
18:10	100M - HEAT 4	O	W							
18:15	M E D A L C E R E M O N Y									
18:25	400M - HEAT 1	O	M							
18:30	400M - HEAT 2	O	M	LONG JUMP		O	M			
18:40	400M - HEAT 1	O	W							
18:50	400M	Y	B							
19:00	100M - FINAL	O	M							
19:10	100M - FINAL	O	W							
19:20	5000M	O	M							
19:40	M E D A L C E R E M O N Y									

C A L L R O O M

	FIRST CALL	LAST CALL	ENTRANCE TO INFIELD
HURDLES	30 MINUTES	25 MINUTES	15 MINUTES
OTHER TRACK EVENTS	25 MINUTES	20 MINUTES	10 MINUTES
POLE VAULT	80 MINUTES	75 MINUTES	60 MINUTES
OTHER FIELD EVENTS	45 MINUTES	40 MINUTES	30 MINUTES

C A L L R O O M

FIRST CALL	TRACK	LAST CALL	INFIELD	JUMPS	LAST CALL	INFIELD	THROWS	LAST CALL	INFIELD
08:10				POLE VAULT	08:20	08:30			
08:15				LONG JUMP	08:20	08:30			
08:35	5000M - HEAT 1	08:40	08:50						
09:05	1500M	09:00	09:10				HAMMER	09:10	9:20
09:20	100M	09:25	09:35						
09:25	100M	09:30	09:40						
09:30	100M	09:35	09:45						
09:35	100M	09:40	09:50						
09:50				LONG JUMP	09:55	10:05			
10:10	800M	10:15	10:25						
10:15	800M	10:20	10:30						
10:20	800M	10:25	10:35						
10:45							DISCUS	10:50	11:00
11:00	200M - HEAT 1	11:05	11:15	LONG JUMP	11:05	11:15			
11:05	200M - HEAT 2	11:10	11:20						
11:10	200M - HEAT 3	11:15	11:25						
11:15	200M - HEAT 1	11:20	11:30						
11:20	200M - HEAT 2	11:25	11:35						
16:30	110MH	16:35	16:45	TRIPLE JUMP	16:35	16:45			
16:50	100MH	16:55	17:05						
17:10							SHOT PUT	17:15	17:25
17:15	100M - HEAT 1	17:20	17:30						
17:20	100M - HEAT 2	17:25	17:35						
17:25	100M - HEAT 3	17:30	17:40						
17:30	100M - HEAT 1	17:35	17:45						
17:35	100M - HEAT 2	17:40	17:50						
17:40	100M - HEAT 3	17:45	17:55						
17:45	100M - HEAT 4	17:50	18:00	LONG JUMP	17:50	18:00			
18:00	400M - HEAT 1	18:05	18:15						
18:05	400M - HEAT 2	18:10	18:20						
18:15	400M - HEAT 1	18:20	18:30						
18:25	400M	18:30	18:40						
18:35	100M - FINAL	18:40	18:50						
18:45	100M - FINAL	18:50	19:00						
18:55	5000M	19:00	19:10						

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