

## TIMETABLE

as on 19 June 2019

Day 1 - Friday, 9 August 2019			
15:25	Extra 100m	M	Non-scoring event*
15:37	Extra 100m	W	Non-scoring event*
15:58	Hammer Throw	M	1-3
16:00	110m H	M	1
16:18	100m H	W	1
16:35	100m	M	1
16:44	4. Hammer Throw	M	4
16:52	100m	W	1
17:05	200m	M	1
17:18	200m	W	1
17:31	Discus Throw	W	1-3
17:33	400m	M	1
17:46	400m	W	1
18:08	400m H	M	1
18:17	4. Discus Throw	W	4
18:26	400m H	W	1

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

Day 2 - Saturday, 10 August 2019			
13:45	Pole Vault	W	
<b>14:15</b>	<b>Opening Ceremony</b>		
14:34	Hammer Throw	W	1-3
14:47	400m H	W	1
14:57	400m H	M	1
15:00	Triple Jump	W	1-3
15:07	100m	W	1
15:15	100m	M	1
15:18	Shot Put	M	1-3
15:20	4. Hammer Throw	W	4
15:27	3000m	W	1
15:45	800m	W	1
15:48	4. Triple Jump	W	4
15:55	400m	W	1
15:58	4. Shot Put	M	4
16:00	High Jump	M	
16:06	400m	M	1
16:14	5000m	M	1
16:37	3000m SC	W	1
16:44	Javelin Throw	W	1-3
16:52	Long Jump	M	1-3
16:54	1500m	M	1
17:06	4 x 100m Relay	W	1
17:15	4 x 100m Relay	M	1
17:27	4. Javelin Throw	W	4
17:35	4 x 100m Relay	W	2
17:38	4. Long Jump	M	4
17:46	4 x 100m Relay	M	2

Day 3 - Sunday, 11 August 2019			
12:30	Pole Vault	M	
13:02	Triple Jump	M	
13:05	110m H	M	1
13:19	100m H	W	1
13:30	Discus Throw	M	1-3
13:32	800m	M	1
13:44	1500m	W	1
13:50	4. Triple Jump	M	4
13:51	Shot Put	W	1-3
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
14:31	4. Shot Put	W	4
14:40	5000m	W	1
14:50	Long Jump	W	1-3
15:00	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
15:43	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>		