

# TIMETABLE

## DAY 1 - SESSION 1 - THURSDAY 11 JULY 2019

|       |               |   |       |
|-------|---------------|---|-------|
| 10:00 | 100m H Hep    | W | Hep   |
| 10:05 | Hammer Throw  | W | Q A   |
| 10:10 | Long Jump     | M | Q A+B |
| 10:45 | 100m          | M | R1    |
| 11:05 | Shot Put      | M | Q A+B |
| 11:15 | High Jump Hep | W | A+B   |
| 11:20 | 400m          | W | R1    |
| 11:35 | Hammer Throw  | W | Q B   |
| 11:50 | 100m          | W | R1    |
| 12:20 | 400m          | M | R1    |

## DAY 1 - SESSION 2 - THURSDAY 11 JULY 2019

|       |               |   |       |
|-------|---------------|---|-------|
| 16:00 | Discus Throw  | W | Q A   |
| 16:20 | 100m H        | W | R1    |
| 16:30 | Pole Vault    | M | Q A+B |
| 16:50 | 800m          | W | R1    |
| 17:10 | Shot Put Hep  | W | A+B   |
| 17:15 | Discus Throw  | W | Q B   |
| 17:20 | 110m H        | M | R1    |
| 17:55 | 3000 SC       | W | R1    |
| 18:27 | Javelin Throw | M | Q A   |
| 18:30 | 100m          | M | SF    |
| 18:45 | 100m          | W | SF    |
| 19:00 | 1500m         | M | R1    |
| 19:05 | Triple Jump   | W | Q A+B |
| 19:20 | 200m Hep      | W | Hep   |
| 19:45 | Javelin Throw | M | Q B   |
| 19:50 | 10000m        | M | Final |

## DAY 2 - SESSION 3 - FRIDAY 12 JULY 2019

|       |               |   |       |
|-------|---------------|---|-------|
| 09:30 | Hammer Throw  | M | Q A   |
| 10:25 | Long Jump Hep | W | A+B   |
| 10:30 | 400m H        | W | R1    |
| 10:35 | High Jump     | W | Q A+B |
| 10:50 | Hammer Throw  | M | Q B   |
| 11:00 | 400m H        | M | R1    |
| 11:30 | 1500m         | W | R1    |
| 11:35 | Shot Put      | W | Q A+B |
| 11:45 | 800m          | M | R1    |
| 12:05 | Javelin Hep   | W | A     |
| 13:20 | Javelin Hep   | W | B     |

## DAY 2 - SESSION 4 - FRIDAY 12 JULY 2019

|       |                  |   |       |
|-------|------------------|---|-------|
| 16:00 | 100m H           | W | SF    |
| 16:15 | 400m             | W | SF    |
| 16:30 | Long Jump        | M | Final |
| 16:35 | 110m H           | M | SF    |
| 16:40 | Hammer Throw     | W | Final |
| 16:55 | 400m             | M | SF    |
| 17:05 | 10000M (1)       | M | VC    |
| 17:15 | 3000 SC          | M | R1    |
| 17:20 | Pole Vault       | W | Q A+B |
| 17:45 | 100m             | W | Final |
| 17:55 | 100m             | M | Final |
| 18:05 | 800m Hep         | W | Hep   |
| 18:18 | 100m (2)         | W | VC    |
| 18:28 | Long Jump (3)    | M | VC    |
| 18:30 | Discus Throw     | W | Final |
| 18:35 | 100m H           | W | Final |
| 18:38 | Hammer Throw(4)  | W | VC    |
| 18:45 | 110m H           | M | Final |
| 18:48 | 100m (5)         | M | VC    |
| 18:50 | Triple Jump      | W | Final |
| 18:55 | 200m             | W | R1    |
| 18:58 | Heptathlon (6)   | W | VC    |
| 19:00 | Shot Put         | M | Final |
| 19:10 | 100m H (7)       | W | VC    |
| 19:20 | 200m             | M | R1    |
| 19:31 | 110m H (8)       | M | VC    |
| 19:50 | 10000m           | W | Final |
| 20:23 | Discus Throw (9) | W | VC    |

## DAY 3 - SESSION 5 - SATURDAY 13 JULY 2019

|       |               |   |       |
|-------|---------------|---|-------|
| 10:00 | Javelin Throw | W | Q A   |
| 10:05 | 100m Dec      | M | Dec   |
| 10:30 | High Jump     | M | Q A+B |
| 10:55 | 4x400m Relay  | W | R1    |
| 11:00 | Long Jump Dec | M | A+B   |
| 11:15 | Javelin Throw | W | Q B   |
| 11:20 | 4x400m Relay  | M | R1    |
| 12:20 | Long Jump     | W | Q A+B |
| 12:35 | Discus Throw  | M | Q A   |
| 12:40 | Shot Put Dec  | M | A+B   |
| 13:50 | Discus Throw  | M | Q B   |

## DAY 3 - SESSION 6 SATURDAY 13 JULY 2019

|       |                  |   |       |
|-------|------------------|---|-------|
| 16:15 | High Jump Dec    | M | A+B   |
| 16:55 | Hammer Throw     | M | Final |
| 17:00 | 400m H           | W | SF    |
| 17:04 | Triple Jump (10) | W | VC    |
| 17:14 | Shot Put (11)    | M | VC    |
| 17:20 | 400m H           | M | SF    |
| 17:30 | Pole Vault       | M | Final |
| 17:35 | Triple Jump      | M | Q A+B |
| 17:40 | 200m             | W | SF    |
| 17:55 | 200m             | M | SF    |
| 18:10 | 400m             | W | Final |
| 18:20 | 1500m            | M | Final |
| 18:25 | 10000m (12)      | W | VC    |
| 18:30 | High Jump        | W | Final |
| 18:32 | 400m             | M | Final |
| 18:40 | 800m             | W | Final |
| 18:40 | Shot Put         | W | Final |
| 18:45 | Javelin Throw    | M | Final |
| 18:50 | 3000m SC         | W | Final |
| 19:00 | Hammer Throw(13) | M | VC    |
| 19:04 | 400m (14)        | W | VC    |
| 19:10 | 400m Dec         | M | Dec   |
| 19:13 | 1500m (15)       | M | VC    |
| 19:23 | 400m (16)        | M | VC    |
| 19:30 | 800m (17)        | W | VC    |
| 19:45 | 200m             | W | Final |
| 19:49 | 3000m SC (18)    | W | VC    |
| 19:55 | 200m             | M | Final |
| 19:58 | Pole Vault (19)  | M | VC    |
| 20:05 | 5000m            | M | Final |
| 20:20 | High Jump (20)   | W | VC    |

## DAY 4 - SESSION 7 - SUNDAY 14 JULY 2019

|       |                   |   |       |
|-------|-------------------|---|-------|
| 09:30 | 110m H Dec        | M | Dec   |
| 10:20 | Discus Throw Dec  | M | A     |
| 11:00 | 4x100m Relay      | W | R1    |
| 11:20 | 4x100m Relay      | M | R1    |
| 11:35 | Discus Throw Dec  | M | B     |
| 12:15 | 20 Km Walk        | W | Final |
| 14:15 | 20 Km Walk        | M | Final |
| 13:10 | Pole Vault Dec    | M | A+B   |
| 14:50 | Javelin Throw Dec | M | A     |

## DAY 4 - SESSION 8 - SUNDAY 14 JULY 2019

|       |                    |   |       |
|-------|--------------------|---|-------|
| 16:05 | Javelin Throw Dec  | M | B     |
| 16:20 | Shot Put (21)      | W | VC    |
| 16:25 | Javelin Throw (22) | M | VC    |
| 16:30 | 200m (23)          | W | VC    |
| 16:35 | 200m (24)          | M | VC    |
| 16:40 | 5000m (25)         | M | VC    |
| 16:45 | Long Jump          | W | Final |
| 16:50 | 20 Km Walk (26)    | W | VC    |
| 17:00 | 400 H              | W | Final |
| 17:05 | Pole Vault         | W | Final |
| 17:06 | 20 Km Walk (27)    | M | VC    |
| 17:15 | 400 H              | M | Final |
| 17:15 | Javelin Throw      | W | Final |
| 17:25 | 1500m              | W | Final |
| 17:33 | 400m H (28)        | W | VC    |
| 17:40 | 3000m SC           | M | Final |
| 17:45 | High Jump          | M | Final |
| 17:50 | 400m H (29)        | M | VC    |
| 18:00 | 800m               | M | Final |
| 18:05 | 1500m (30)         | W | VC    |
| 18:15 | 1500m Dec          | M | Dec   |
| 18:23 | 3000m SC (31)      | M | VC    |
| 18:30 | Triple Jump        | M | Final |
| 18:35 | 5000m              | W | Final |
| 18:52 | Long Jump (32)     | W | VC    |
| 18:55 | Discus Throw       | M | Final |
| 18:57 | Javelin Throw (33) | W | VC    |
| 19:02 | 800m (34)          | M | VC    |
| 19:10 | 4x100m Relay       | M | Final |
| 19:14 | Decathlon (35)     | M | VC    |
| 19:25 | 4x100m Relay       | W | Final |
| 19:28 | 5000m (36)         | W | VC    |
| 19:40 | 4x400m Relay       | M | Final |
| 19:48 | Pole Vault (37)    | W | VC    |
| 19:55 | 4x400m Relay       | W | Final |
| 20:02 | High Jump (38)     | M | VC    |
| 20:07 | Triple Jump (39)   | M | VC    |
| 20:12 | Discus Throw (40)  | M | VC    |