

## TIMETABLE BY DAY

DAY 1 - Friday 27 September			
Start hh.mm	Event	M/F	Phase
16:30	Long Jump	M	Q A+B
16:35	100m	M	Prelim
16:40	Hammer Throw	W	Q A
17:10	800m	W	R1
17:30	Pole Vault	W	Q A+B
18:05	100m	M	R1
18:10	Hammer Throw	W	Q B
18:40	High Jump	W	Q A+B
19:00	3000m SC	W	R1
19:25	Triple Jump	M	Q A+B
19:55	5000m	M	R1
20:30	400m H	M	R1

DAY 2 - Saturday 28 September			
Start hh.mm	Event	M/F	Phase
16:15	Discus Throw	M	Q A
16:30	100m	W	R1
17:05	800m	M	R1
17:30	Pole Vault	M	Q A+B
17:45	Discus Throw	M	Q B
18:05	400m H	M	SF
18:45	100m	M	SF
19:15	800m	W	SF
<b>19:25</b>	<b>Hammer Throw</b>	<b>W</b>	<b>Final</b>
20:00	4 x 400m Relay	MX	R1
<b>20:40</b>	<b>Long Jump</b>	<b>M</b>	<b>Final</b>
<b>21:10</b>	<b>10,000m</b>	<b>W</b>	<b>Final</b>
<b>22:15</b>	<b>100m</b>	<b>M</b>	<b>Final</b>

DAY 3 - Sunday 29 September			
Start hh.mm	Event	M/F	Phase
20:05	200m	M	R1
<b>20:40</b>	<b>Pole Vault</b>	<b>W</b>	<b>Final</b>
21:20	100m	W	SF
<b>21:45</b>	<b>Triple Jump</b>	<b>M</b>	<b>Final</b>
21:55	800m	M	SF
<b>22:35</b>	<b>4 x 400m Relay</b>	<b>MX</b>	<b>Final</b>
<b>23:20</b>	<b>100m</b>	<b>W</b>	<b>Final</b>

DAY 3 - Saturday, City, 29-30 September			
Start hh.mm	Event	M/F	Phase
<b>23:30</b>	<b>20km Race Walk</b>	<b>W</b>	<b>Final</b>

DAY 4 - Monday 30 September			
Start hh.mm	Event	M/F	Phase
16:30	Javelin Throw	W	Q A
17:05	200m	W	R1
18:00	Javelin Throw	W	Q B
18:20	400m	W	R1
20:05	110m H	M	R1
<b>20:30</b>	<b>High Jump</b>	<b>W</b>	<b>Final</b>
20:50	200m	M	SF
<b>21:20</b>	<b>5000m</b>	<b>M</b>	<b>Final</b>
<b>21:25</b>	<b>Discus Throw</b>	<b>M</b>	<b>Final</b>
<b>21:50</b>	<b>3000m SC</b>	<b>W</b>	<b>Final</b>
<b>22:10</b>	<b>800m</b>	<b>W</b>	<b>Final</b>
<b>22:40</b>	<b>400m H</b>	<b>M</b>	<b>Final</b>

DAY 5 - Tuesday 01 October			
Start hh.mm	Event	M/F	Phase
16:30	Hammer Throw	M	Q A
16:35	400m	M	R1
16:50	High Jump	M	Q A+B
17:30	400m H	W	R1
18:00	Hammer Throw	M	Q B
18:15	3000m SC	M	R1
<b>20:05</b>	<b>Pole Vault</b>	<b>M</b>	<b>Final</b>
20:50	400m	W	SF
<b>21:20</b>	<b>Javelin Throw</b>	<b>W</b>	<b>Final</b>
21:35	200m	W	SF
<b>22:10</b>	<b>800m</b>	<b>M</b>	<b>Final</b>
<b>22:40</b>	<b>200m</b>	<b>M</b>	<b>Final</b>

DAY 1 - Friday - City, 27-28 September			
Start hh.mm	Event	M/F	Phase
tbc.	Opening		
<b>23:59</b>	<b>Marathon</b>	<b>W</b>	<b>Final</b>

DAY 2 - Saturday - City 28-29 September			
Start hh.mm	Event	M/F	Phase
<b>23:30</b>	<b>50km Race Walk</b>	<b>W</b>	<b>Final</b>
<b>23:30</b>	<b>50km Race Walk</b>	<b>M</b>	<b>Final</b>

DAY 6 - Wednesday 02 October			
Start hh.mm	Event	M/F	Phase
16:35	100m Dec	M	
16:45	Shot Put	W	Q A+B
17:05	100m H Hep	W	
17:30	Long Jump Dec	M	A+B
17:35	1500m	W	R1
18:00	Discus Throw	W	Q A
18:15	High Jump Hep	W	A+B
18:25	5000m	W	R1
18:50	Shot Put Dec	M	A+B
19:25	Discus Throw	W	Q B
20:05	110m H	M	SF
20:30	Shot Put Hep	W	A+B
20:35	400m	M	SF
20:40	High Jump Dec	M	A+B
21:05	400m H	W	SF
<b>21:40</b>	<b>Hammer Throw</b>	<b>M</b>	<b>Final</b>
21:50	200m Hep	W	
<b>22:35</b>	<b>200m</b>	<b>W</b>	<b>Final</b>
<b>22:55</b>	<b>110m H</b>	<b>M</b>	<b>Final</b>
23:15	400m Dec	M	

DAY 7 - Thursday 03 October			
Start hh.mm	Event	M/F	Phase
16:35	110m H Dec	M	
16:40	Triple Jump	W	Q A+B
17:30	Discus Throw Dec	M	A
18:15	Long Jump Hep	W	A+B
18:35	Discus Throw Dec	M	B
19:05	Pole Vault Dec	M	A
19:20	Shot Put	M	Q A+B
20:05	Pole Vault Dec	M	B
20:10	Javelin Throw Hep	W	A+B
22:00	1500m	M	R1
22:05	Javelin Throw Dec	M	A
<b>22:35</b>	<b>Shot Put</b>	<b>W</b>	<b>Final</b>
23:00	1500m	W	SF
23:10	Javelin Throw Dec	M	B
<b>23:50</b>	<b>400m</b>	<b>W</b>	<b>Final</b>
<b>00:05</b>	<b>800m Hep</b>	<b>W</b>	<b>Final</b>
<b>00:15</b>	<b>1500m Dec</b>	<b>M</b>	<b>Final</b>

DAY 8 - Friday 04 October			
Start hh.mm	Event	M/F	Phase
20:10	1500m	M	SF
<b>20:15</b>	<b>High Jump</b>	<b>M</b>	<b>Final</b>
20:40	4 x 100m Relay	W	R1
<b>21:00</b>	<b>Discus Throw</b>	<b>W</b>	<b>Final</b>
21:05	4 x 100m Relay	M	R1
<b>21:30</b>	<b>400m H</b>	<b>W</b>	<b>Final</b>
<b>21:45</b>	<b>3000m SC</b>	<b>M</b>	<b>Final</b>
<b>22:20</b>	<b>400m</b>	<b>M</b>	<b>Final</b>

DAY 8 - Friday City 4-5 October			
Start hh.mm	Event	M/F	Phase
<b>23:30</b>	<b>20km Race Walk</b>	<b>M</b>	<b>Final</b>

DAY 9 - Saturday 05 October			
Start hh.mm	Event	M/F	Phase
16:30	Javelin Throw	M	Q A
17:15	100m H	W	R1
17:50	Long Jump	W	Q A+B
18:00	Javelin Throw	M	Q B
19:55	4 x 400m Relay	W	R1
<b>20:05</b>	<b>Shot Put</b>	<b>M</b>	<b>Final</b>
20:25	4 x 400m Relay	M	R1
<b>20:35</b>	<b>Triple Jump</b>	<b>W</b>	<b>Final</b>
<b>20:55</b>	<b>1500m</b>	<b>W</b>	<b>Final</b>
<b>21:25</b>	<b>5000m</b>	<b>W</b>	<b>Final</b>
<b>22:05</b>	<b>4 x 100m Relay</b>	<b>W</b>	<b>Final</b>
<b>22:15</b>	<b>4 x 100m Relay</b>	<b>M</b>	<b>Final</b>

DAY 9 - Saturday - City 5-6 October			
Start hh.mm	Event	M/F	Phase
<b>23:59</b>	<b>Marathon</b>	<b>M</b>	<b>Final</b>

DAY 10 - Sunday 06 October			
Start hh.mm	Event	M/F	Phase
19:05	100m H	W	SF
<b>19:15</b>	<b>Long Jump</b>	<b>W</b>	<b>Final</b>
<b>19:40</b>	<b>1500m</b>	<b>M</b>	<b>Final</b>
<b>19:55</b>	<b>Javelin Throw</b>	<b>M</b>	<b>Final</b>
<b>20:00</b>	<b>10,000m</b>	<b>M</b>	<b>Final</b>
<b>20:50</b>	<b>100m H</b>	<b>W</b>	<b>Final</b>
<b>21:15</b>	<b>4 x 400m Relay</b>	<b>W</b>	<b>Final</b>
<b>21:30</b>	<b>4 x 400m Relay</b>	<b>M</b>	<b>Final</b>