

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

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
19:25	Hammer Throw	W	Final
20:00	4 x 400m Relay	MX	R1
20:40	Long Jump	M	Final
21:10	10,000m	W	Final
22:15	100m	M	Final

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

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

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

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
20:30	High Jump	W	Final
20:50	200m	M	SF
21:20	5000m	M	Final
21:25	Discus Throw	M	Final
21:50	3000m SC	W	Final
22:10	800m	W	Final
22:40	400m H	M	Final

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
20:05	Pole Vault	M	Final
20:50	400m	W	SF
21:20	Javelin Throw	W	Final
21:35	200m	W	SF
22:10	800m	M	Final
22:40	200m	M	Final

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
21:40	Hammer Throw	M	Final
21:50	200m Hep	W	
22:35	200m	W	Final
22:55	110m H	M	Final
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
20:05	Pole Vault Dec	M	B
20:10	Javelin Throw Hep	W	A+B
20:40	Shot Put	M	Q B
22:00	1500m	M	R1
22:05	Javelin Throw Dec	M	A
22:35	Shot Put	W	Final
23:00	1500m	W	SF
23:10	Javelin Throw Dec	M	B
23:50	400m	W	Final
00:05	800m Hep	W	Final
00:25	1500m Dec	M	Final

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

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

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
20:05	Shot Put	M	Final
20:25	4 x 400m Relay	M	R1
20:35	Triple Jump	W	Final
20:55	1500m	W	Final
21:25	5000m	W	Final
22:05	4 x 100m Relay	W	Final
22:15	4 x 100m Relay	M	Final

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

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