

Program

Time	Track	Long Jump	High Jump	Javelin	Shot put	Ceremonies
8:30						
8:45						
9:00	100m M (9 heats)		Female ABCDE			
9:15						
9:30		Male A		Male B		
9:45	100m F (5 heats)				Male DE	
10:00						
10:15	400m M (8 heats)			Female CDE	Female A	100m (8)
10:30						
10:45						
11:00	400m F (5 heats)	Male B		Male A	Male C	
11:15						
11:30						
11:45	1500m M (3 heats)	Female CDE		Female AB	Female B	400m (8)
12:00						
12:15						
12:30	800m F (4 heats)	Male C	Male AB	Male DE	Female DE	1500m (4)
12:45						
13:00						
13:15	5000m M (2 heats)	Female AB			Female C	800m (4)
13:30						
13:45						
14:00	3000m F (2 heats)	Male DE		Male C	Male B	5000m (4)
14:15						
14:30	4x100m M (2 heats)					3000m (4) and long jump (8)
14:45						javelin (8)
15:00	4x100m F (1 heat)		Male CDE		Male A	high jump (6) and shot put (8)
15:15						
15:30						
15:45	Mixed-relay					Relays (3) and 3-event (8)
16:00						

Teams for the relays (4x100m and mixed-relay) will be confirmed to the secretariat in the morning.