

2019 Timetable Division 1-6

Field Events

Start Time		Warm up (min)	Event Finish
10.30	Hammer - Men	25	11.05
11.30	Long Jump - Women	30	12.15
11.35	Hammer – Women	25	12.10
11.45	Pole Vault - Women	55	13.25
12.30	Shot – Men	25	13.00
12.50	Javelin – Women	30	13.35
12.55	Long Jump – Men	30	13.40
13.45	High Jump – Men	40	15.10
14.15	Triple Jump – Women	25	15.00
14.15	Javelin – Men	30	15.00
14.20	Shot - Women	25	14.50
14.30	Pole Vault – Men	55	16.10
15.30	Discus – Women	25	16.05
15.30	High Jump – Women	40	16.55
15.50	Triple Jump – Men	25	16.35
17.45	Discus - Men	25	18.10

Track Events

TIME	Alternative without women's S/C	TRACK	
12.20		400m Hurdles - Women	
12.30		400m Hurdles - Men	
12.45		800m - Women	
12.55		800m - Men	
13.05		200m - Women	
13.15		200m - Men	
13.20		2000m Steeplechase - Men 3000m Steeplechase - Men	Matches 1 & 3 Matches 2 & 4
13.40		100m Hurdles - Women	
13.50		3000m - Women	
14.10		110m Hurdles - Men	
14.20		400m - Women	
14.30		400m - Men	
14.40		1500m - Women	
14.50		1500m - Men	
15.00		100m - Women	
15.10		100m - Men	
15.20		100m (Non scoring)	
16.10		5000m - Men 3000m – Men	Matches 1 & 3 Matches 2 & 4
16.30		2k S/C – Women (Non scoring)	
16.45	16.30	4 x 100m Relay - Women	
16.55	16.40	4 x 100m Relay - Men	
17.05	16.50	4 x 400m Relay - Women	
17.15	17.00	4 x 400m Relay - Men	

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TIME	TRACK	FIELD
10.30		Hammer (M)
11.30		Long Jump (W)
11.35		Hammer (W)
11.45		Pole Vault (W)
12.20	400m Hurdles (W)	
12.30	400m Hurdles (M)	Shot (M)
12.45	800m (W)	Javelin (W)
12.55	800m (M)	Long Jump (M)
13.05	200m (W)	
13.15	200m (M)	
13.20	2000m/3000m S/C (M)	
13.40	100m Hurdles (W)	
13.45		High Jump (M)
13.50	3000m (W)	
14.00		Triple Jump (W)
14.10	110m Hurdles (M)	
14.15		Javelin (M)
14.20	400m (W)	Shot (W)
14.30	400m (M)	Pole Vault (M)
14.40	1500m (W)	
14.50	1500m (M)	
14.55	100m (W)	
15.05	100m (M)	
15.15	100m (Non-scoring)	
15.30		High Jump (W) Discus (W)
15.50		Triple Jump (M)
16.10	5000m/3000m (M)	
16.30	2k S/C (W) Non scoring	
16.45/16.30	4 x 100m Relay (W)	
16.55/16.40	4 x 100m Relay (M)	
17.05/16.50	4 x 400m Relay (W)	
17.15/17.00	4 x 400m Relay (M)	
17.45/17.35		Discus (M)

Times in bold are if the women S/C is not run