



Saturday, 20 June

15.30	Hammer Throw	M
15.32	100m extra heat 1	W
15.35	Pole Vault	W
13.39	100m extra heat 2	W
15.40	Triple Jump	W
15.46	100m extra heat 1	M
15.53	100m extra heat 2	M
16.00	400m hurdles heat 1	M
16.07	400m hurdles heat 2	M
16.10-15	Hammer Throw (final attempts)	M
16.20	High Jump	M
16.21	100m heat 1	W
16.28	100m heat 2	W
16.30	Shot Put	M
16.30-36	Triple Jump (final attempts)	W
16.40	400m heat 1	M
16.45	Discus Throw	W
16.46	400m heat 2	M
16.53	800m	W
17.01	100m heat 1	M
17.08	100m heat 2	M
17.10-15	Shot Put (final attempts)	M
17.19	3.000m	W
17.30-35	Discus Throw (final attempts)	W
17.37	400m hurdles heat 1	W
17.43	400m hurdles heat 2	W
17.48	1.500m	M
17.50	Long Jump	M
17.57	3.000m steeplechasse	W
18.10	Javelin Throw	W
18.13	400m heat 1	W
18.19	400m heat 2	W
18.25	5.000m	M
18.40-46	Long Jump (final attempts)	M
18.48	4 x 100m heat 1	W
18.55	4 x 100m heat 2	W
18.58-19.04	Javelin Throw (final attempts)	W
19.06	4 x 100m heat 1	M
19.13	4 x 100m heat 2	M

Sunday, 21 June

15.15	Hammer Throw	W
15.20	Pole Vault	M
15.24	4 x 100m extra heat 1	W
15.27	Triple Jump	M
15.31	4 x 100m extra heat 2	W
15.38	4 x 100m extra heat 1	M
15.45	4 x 100m extra heat 2	M
15.55-16.00	Hammer Throw (final attempts)	W
16.05	High Jump	W
16.13	Shot Put	W
16.17-23	Triple Jump (final attempts)	M
16.25	110m hurdles heat 1	M
16.30	Discus Throw	M
16.32	110m hurdles heat 2	M
16.40	200m heat 1	W
16.47	200m heat 2	W
16.53-58	Shot Put (final attempts)	W
17.00	800m	M
17.06	100m hurdles heat 1	W
17.13	100m hurdles heat 2	W
17.15-20	Discus Throw (final attempts)	M
17.23	3.000m	M
17.35	Long Jump	W
17.37	1.500m	W
17.52	200m heat 1	M
17.55	Javelin Throw	M
17.58	200m heat 2	M
18.04	5.000m	W
18.23-29	Long Jump (final attempts)	W
18.31	3.000m steeplechasse	M
18.42	4 x 400m heat 1	W
18.47-51	Javelin Throw (final attempts)	M
18.53	4 x 400m heat 2	W
19.02	4 x 400m heat 1	M
19.11	4 x 400m heat 2	M

This timetable is in line with the new format of the event and foresees time windows for the final attempts of the 4 best athletes in each field event.

For the races up to 400m inclusively the distribution of athletes per heat and allocation of lanes will be based on the athletes' best available performance. The ranking for the purpose of the distribution per heats will be as follows: 2009 season best, 2008 season best and personal best.

For the relays the teams' distribution per heat will be according to the teams scoring standings 1 (one) hour before the scheduled hour for the event. The best scored teams will compete in the same heat which shall be the last event of the session of track events.