

## TIMETABLE

as on 7 March 2014

### Day 1 - Saturday, 21 June 2014

Time	Event	
12:30	Opening Ceremony	
12:40	Hammer throw	Men
13:05	400m Hurdles Heat 1	Women
13:10	400m Hurdles Heat 2	Women
13:15	Triple Jump	Women
13:20	400m Hurdles Heat 1	Men
13:25	400m Hurdles Heat 2	Men
13:30	Pole Vault	Women
13:40	100m Heat 1	Women
13:45	100m Heat 2	Women
13:50	100m Heat 1	Men
13:55	100m Heat 2	Men
14:00	High Jump	Men
14:05	Discus Throw	Women
14:10	800m	Women
14:25	1500m	Men
14:40	400m Heat 1	Women
14:45	400m Heat 2	Women
14:55	Long Jump	Men
15:00	400m Heat 1	Men
15:05	400m Heat 2	Men
15:15	3000m	Women
15:25	Shot Put	Men
15:30	Javelin Throw	Women
15:35	5000m	Men
16:00	3000m Steeplechase	Women
16:30	4x100m Heat 1	Women
16:35	4x100m Heat 2	Women
16:45	4x100m Heat 1	Men
16:50	4x100m Heat 2	Men

### Day 2 - Sunday, 22 June 2014

Time	Event	
12:45	Hammer Throw	Women
13:05	100m Hurdles Heat 1	Women
13:10	100m Hurdles Heat 2	Women
13:15	Pole Vault	Men
13:20	Triple Jump	Men
13:25	110m Hurdles Heat 1	Men
13:30	110m Hurdles Heat 2	Men
13:50	800m	Men
14:00	High Jump	Women
14:05	1500m	Women
14:10	Discus Throw	Men
14:25	3000m Steeplechase	Men
14:45	200m Heat 1	Women
14:50	200m Heat 2	Women
15:00	Shot Put	Women
15:05	200m Heat 1	Men
15:10	200m Heat 2	Men
15:15	Long Jump	Women
15:25	5000m	Women
15:35	Javelin Throw	Men
16:00	3000m	Men
16:30	4x400m Heat 1	Women
16:40	4x400m Heat 2	Women
16:50	4x400m Heat 1	Men
17:00	4x400m Heat 2	Men
17:10	Victory Ceremony	