

Timetable

Day 1 – Saturday 4 July 2015

Time	Decathlon		Heptathlon	
10:00	100 m	Heat 1		
10:07	100 m	Heat 2		
10:14	100 m	Heat 3		
10:21	100 m	Heat 4		
11:00	Long Jump	Group 1	100 h hurdles	Heat 1
11:07			100 h hurdles	Heat 2
11:14			100 h hurdles	Heat 3
11:21			100 h hurdles	Heat 4
12:30	Long Jump	Group 2	High Jump	Group 1 & 2
14:00	Opening Ceremony			
15:00	Shot Put	Group 1 & 2		
16:30	High Jump	Group 1 & 2	Shot Put	Group 1 & 2
18:15			200 m	Heat 1
18:22			200 m	Heat 2
18:29			200 m	Heat 3
18:36			200 m	Heat 4
19:15	400 m	Heat 1		
19:22	400 m	Heat 2		
19:29	400 m	Heat 3		
19:36	400 m	Heat 4		

Day 2 – Sunday 5 July 2015

Time	Decathlon		Heptathlon	
09:30	110 h hurdles	Heat 1	Long Jump	Group 1
09:37	110 h hurdles	Heat 2		
09:44	110 h hurdles	Heat 3		
09:51	110 h hurdles	Heat 4		
10:20	Discus Throw	Group 1		
11:00			Long Jump	Group 2
11:40	Discus Throw	Group 2		
13:30	Pole Vault	Group 1 & 2		
13:35			Javelin Throw	Group 1
15:00			Javelin Throw	Group 2
16:45	Javelin Throw	Group 1		
18:00	Javelin Throw	Group 2	800 m	Heat 1
18:10			800 m	Heat 2
19:15	1500 m	Heat 1		
19:25	1500 m	Heat 2		