

TIMETABLE

as on 14 January 2019

| Day 1 - Friday, 9 August 2019 | | | |
|-------------------------------|-----------------|---|--------------------|
| 15:25 | Extra 100m | M | Non-scoring event* |
| 15:37 | Extra 100m | W | Non-scoring event* |
| 15:55 | Hammer Throw | M | 1-3 |
| 16:00 | 110m H | M | 1 |
| 16:18 | 100m H | W | 1 |
| 16:35 | 100m | M | 1 |
| 16:45 | 4. Hammer Throw | M | 4 |
| 16:52 | 100m | W | 1 |
| 17:05 | 200m | M | 1 |
| 17:18 | 200m | W | 1 |
| 17:30 | Discus Throw | W | 1-3 |
| 17:33 | 400m | M | 1 |
| 17:46 | 400m | W | 1 |
| 18:08 | 400m H | M | 1 |
| 18:20 | 4. Discus Throw | W | 4 |
| 18:26 | 400m H | W | 1 |

* these races are available for relay members not entered in individual races

| Day 2 - Saturday, 10 August 2019 | | | |
|----------------------------------|-------------------------|---|-----|
| 13:45 | Pole Vault | W | |
| 14:15 | Opening Ceremony | | |
| 14:30 | Hammer Throw | W | 1-3 |
| 14:47 | 400m H | W | 1 |
| 14:55 | Triple Jump | W | 1-3 |
| 14:57 | 400m H | M | 1 |
| 15:07 | 100m | W | 1 |
| 15:15 | 100m | M | 1 |
| 15:17 | Shot Put | M | 1-3 |
| 15:20 | 4. Hammer Throw | W | 4 |
| 15:27 | 3000m | W | 1 |
| 15:45 | 800m | W | 1 |
| 15:48 | 4. Triple Jump | W | 4 |
| 15:55 | 400m | W | 1 |
| 16:00 | High Jump | M | |
| 16:01 | 4. Shot Put | M | 4 |
| 16:06 | 400m | M | 1 |
| 16:14 | 5000m | M | 1 |
| 16:37 | 3000m SC | W | 1 |
| 16:40 | Javelin Throw | W | 1-3 |
| 16:50 | Long Jump | M | 1-3 |
| 16:53 | 1500m | M | 1 |
| 17:06 | 4 x 100m Relay | W | 1 |
| 17:15 | 4 x 100m Relay | M | 1 |
| 17:27 | 4. Javelin Throw | W | 4 |
| 17:35 | 4 x 100m Relay | W | 2 |
| 17:40 | 4. Long Jump | M | 4 |
| 17:46 | 4 x 100m Relay | M | 2 |

| Day 3 - Sunday, 11 August 2019 | | | |
|--------------------------------|-------------------------|---|-----|
| 12:30 | Pole Vault | M | |
| 13:05 | 110m H | M | 1 |
| 13:00 | Triple Jump | M | 1-3 |
| 13:19 | 100m H | W | 1 |
| 13:26 | Discus Throw | M | 1-3 |
| 13:32 | 800m | M | 1 |
| 13:44 | 1500m | W | 1 |
| 13:47 | Shot Put | W | 1-3 |
| 13:53 | 4. Triple Jump | M | 4 |
| 14:00 | 3000m SC | M | 1 |
| 14:11 | High Jump | W | |
| 14:13 | 4. Discus Throw | M | 4 |
| 14:21 | 200m | W | 1 |
| 14:29 | 200m | M | 1 |
| 14:32 | 4. Shot Put | W | 4 |
| 14:40 | 5000m | W | 1 |
| 14:46 | Long Jump | W | 1-3 |
| 14:58 | Javelin Throw | M | 1-3 |
| 15:03 | 3000m | M | 1 |
| 15:20 | 4 x 400m Relay | W | 1 |
| 15:31 | 4 x 400m Relay | M | 1 |
| 15:36 | 4. Long Jump | W | 4 |
| 15:45 | 4. Javelin Throw | M | 4 |
| 15:52 | 4 x 400m Relay | W | 2 |
| 16:03 | 4 x 400m Relay | M | 2 |
| 16:15 | Victory Ceremony | | |