

**TIMETABLE as of 2 August 2019**  
**Day 1 – August, 10**

| Call Room<br>Opening | Call Room<br>Closing | At Competition<br>Site | Event Start | Track                    | Jumps             | Throws         |
|----------------------|----------------------|------------------------|-------------|--------------------------|-------------------|----------------|
| 14:30                | 14:40                | 14:45                  | 15:45       |                          | Pole Vault Women  |                |
| 15:05                | 15:15                | 15:25                  | 16:00       |                          |                   | Hammer Men *   |
| 16:05                | 16:15                | 16:20                  | 16:30       | 100m "B" Races Women A   |                   |                |
| 16:10                | 16:20                | 16:25                  | 16:35       | 100m "B" Races Women B   |                   |                |
| 16:15                | 16:25                | 16:30                  | 16:40       | 100m "B" Races Men       |                   |                |
|                      |                      |                        | 17:30       | <b>Opening Ceremony</b>  |                   |                |
| 17:30                | 17:40                | 17:45                  | 18:00       | 400m Hurdles Women A     |                   |                |
| 17:05                | 17:15                | 17:25                  | 18:00       |                          |                   | Shot Put Men * |
| 17:35                | 17:45                | 17:50                  | 18:05       | 400m Hurdles Women B     |                   |                |
| 17:20                | 17:30                | 17:35                  | 18:10       |                          | Triple Jump Women |                |
| 17:45                | 17:55                | 18:00                  | 18:15       | 400m Hurdles Men A       |                   |                |
| 17:50                | 18:00                | 18:05                  | 18:20       | 400m Hurdles Men B       |                   |                |
| 18:15                | 18:25                | 18:30                  | 18:40       | 100m Women A             |                   |                |
| 18:20                | 18:30                | 18:35                  | 18:45       | 100m Women B             |                   |                |
| 18:30                | 18:40                | 18:45                  | 18:55       | 100m Men A               |                   |                |
| 18:35                | 18:45                | 18:50                  | 19:00       | 100m Men B               |                   |                |
| 18:10                | 18:20                | 18:25                  | 19:00       |                          |                   | Javelin Women  |
| 18:10                | 18:20                | 18:25                  | 19:10       |                          | High Jump Men     |                |
| 18:50                | 19:00                | 19:05                  | 19:15       | 800m Women               |                   |                |
| 19:00                | 19:10                | 19:15                  | 19:25       | 1500m Men                |                   |                |
| 19:15                | 19:25                | 19:30                  | 19:40       | 400m Women A             |                   |                |
| 19:20                | 19:30                | 19:35                  | 19:45       | 400m Women B             |                   |                |
| 19:25                | 19:35                | 19:40                  | 19:50       | 400m Men A               |                   |                |
| 19:30                | 19:40                | 19:45                  | 19:55       | 400m Men B               |                   |                |
| 19:40                | 19:50                | 19:55                  | 20:05       | 3000m Women              |                   |                |
| 19:20                | 19:30                | 19:35                  | 20:10       |                          | Long Jump Men     |                |
| 20:00                | 20:10                | 20:15                  | 20:25       | 5000m Men                |                   |                |
| 19:40                | 19:50                | 19:55                  | 20:30       |                          |                   | Discus Women   |
| 20:25                | 20:35                | 20:40                  | 20:50       | 3000m Steeplechase Women |                   |                |
| 20:45                | 20:55                | 21:00                  | 21:10       | 4x100m Women A           |                   |                |
| 20:55                | 21:05                | 21:10                  | 21:20       | 4x100m Women B           |                   |                |
| 21:05                | 21:15                | 21:20                  | 21:30       | 4x100m Men A             |                   |                |
| 21:15                | 21:25                | 21:30                  | 21:40       | 4x100m Men B             |                   |                |

\* Hammer Throws and Shot Put events to take place in Stadium ARM (adjacent to Toshe Proeski Arena).

**TIMETABLE as of 2 August 2019**  
**Day 2 – August, 11**

| Call Room<br>Opening | Call Room<br>Closing | At Competition<br>Site | Event Start  | Track                   | Jumps           | Throws                  |
|----------------------|----------------------|------------------------|--------------|-------------------------|-----------------|-------------------------|
| 13:45                | 13:55                | 14:00                  | <b>15:00</b> |                         | Pole Vault Men  |                         |
| 14:35                | 14:45                | 14:55                  | <b>15:30</b> |                         |                 | <b>Hammer Women *</b>   |
| 16:30                | 16:40                | 16:45                  | <b>17:00</b> | 100m Hurdles Women A    |                 |                         |
| 16:05                | 16:15                | 16:25                  | <b>17:00</b> |                         |                 | <b>Shot Put Women *</b> |
| 16:35                | 16:45                | 16:50                  | <b>17:05</b> | 100m Hurdles Women B    |                 |                         |
| 16:45                | 16:55                | 17:00                  | <b>17:15</b> | 110m Hurdles Men A      |                 |                         |
| 16:50                | 17:00                | 17:05                  | <b>17:20</b> | 110m Hurdles Men B      |                 |                         |
| 16:35                | 16:45                | 16:50                  | <b>17:25</b> |                         | Triple Jump Men |                         |
| 16:35                | 16:45                | 16:50                  | <b>17:25</b> |                         |                 | Javelin Men             |
| 17:10                | 17:20                | 17:25                  | <b>17:35</b> | 800m Men                |                 |                         |
| 16:40                | 16:50                | 16:55                  | <b>17:40</b> |                         | High Jump Women |                         |
| 17:20                | 17:30                | 17:35                  | <b>17:45</b> | 1500m Women             |                 |                         |
| 17:40                | 17:50                | 17:55                  | <b>18:05</b> | 3000m Steeplechase Men  |                 |                         |
| 18:00                | 18:10                | 18:15                  | <b>18:25</b> | 200m Women A            |                 |                         |
| 18:05                | 18:15                | 18:20                  | <b>18:30</b> | 200m Women B            |                 |                         |
| 18:10                | 18:20                | 18:25                  | <b>18:35</b> | 200m Men A              |                 |                         |
| 17:45                | 17:55                | 18:00                  | <b>18:35</b> |                         | Long Jump Women |                         |
| 18:15                | 18:25                | 18:30                  | <b>18:40</b> | 200m Men B              |                 |                         |
| 18:25                | 18:35                | 18:40                  | <b>18:50</b> | 5000m Women             |                 |                         |
| 18:00                | 18:10                | 18:15                  | <b>18:50</b> |                         |                 | Discus Men              |
| 18:50                | 19:00                | 19:05                  | <b>19:15</b> | 3000m Men               |                 |                         |
| 19:10                | 19:20                | 19:25                  | <b>19:35</b> | 4x400m Women A          |                 |                         |
| 19:20                | 19:30                | 19:35                  | <b>19:45</b> | 4x400m Women B          |                 |                         |
| 19:30                | 19:40                | 19:45                  | <b>19:55</b> | 4x400m Men A            |                 |                         |
| 19:40                | 19:50                | 19:55                  | <b>20:05</b> | 4x400m Men B            |                 |                         |
|                      |                      |                        | <b>20:30</b> | <b>Victory Ceremony</b> |                 |                         |

\* Hammer Throws and Shot Put events to take place in Stadium ARM (adjacent to Toshe Proeski Arena).