



TIMETABLE*

TIME	MEN	WOMEN
15:20	Hammer Throw M	
16:20		Youth relay W
16:30	Youth relay M	
16:40		Hammer Throw W
17:35	ATHLETES PRESENTATION	
17:50	100m Fastlife (movie)	
18:00		Long Jump W
18:05		Shot Put W
18:08	400m M	
18:15		High Jump W
18:18	800m M	
18:20	Pole Vault M	
18:28		1500 m W
18:40		3000m Steeplechase W
19:00	100m M	
19:10		400m W
19:20	3000m Steeplechase M	
19:25	Long Jump M	
19:30	Shot Put M	
19:35		800m W
19:45		100m W
19:55	1500m M	
20:05	110 m Hurdles M	
20:18		100 m Hurdles W
20:30	AWARDS CEREMONY	

* Subject to change

