

TRACK EVENTS FRIDAY 12 JUL 24						
Time	Event	Sex	Age Group	Туре	Heats	
4:00 PM	300m	Women	U16	Semi Final	3	
4:15 PM	300m	Men	U16	Semi Final	2	
4:30 PM	400m	Women	U18	Semi Final	3	
4:40 PM	400m	Men	U18	Semi Final	3	
4:50 PM	400m	Men	U20	Semi Final	2	
5:00 PM	400m	Men	Senior	Semi Final	2	
5:10 PM	1500m RW	Mixed	U16	Final	1	
5:25 PM		TRAC	K BREAK - 30 Minutes			
5:55 PM	1500m SC	Women	U16	Final	1	
6:05 PM	1500m SC	Men	U16	Final	1	
6:15 PM	2000m SC	Women	U18	Final	1	
6:30 PM	3000m SC	Women	U20 + Senior	Final	1	
6:45 PM	2000m SC	Men	U18	Final	1	
7:00 PM	3000m SC	Men	U20 + Senior	Final	1	
7:15 PM	5000m	Women	U20 + Senior	Final	1	
7:40 PM	5000m	Men	U20 + Senior	Final	1	

FIELD EVENTS FRIDAY 12 JUL 24						
Time	Event	Sex	Age Group	Туре	Flights	
1:00 PM	Hammer Throw	Women	U20 + Senior	Final	1	
2:30 PM	Hammer Throw	Men	U20 + Senior	Final	1	
3:30 PM	Triple Jump	Women	U16	Final	1	
3:30 PM	Triple Jump	Men	U16	Final	1	
4:00 PM	Hammer Throw	Women	U18	Final	1	
4:00 PM	Pole Vault	Women	U20 + Senior	Final	1	
5:30 PM	Triple Jump	Women	U18 + U20 + Senior	Final	1	
5:30 PM	Triple Jump	Men	U18	Final	1	
6:00 PM	Hammer Throw	Men	U18 + U16	Final	1	
6:15 PM	Pole Vault	Men	U20 + Senior	Final	1	
7:30 PM	Hammer Throw	Women	U16	Final	1	
7:30 PM	Triple Jump	Men	U20 + Senior	Final	1	



TRACK EVENTS SATURDAY 13 JUL 24					
Time	Event	Sex	Age Group	Туре	Heats
8:00 AM	10000m RW	Mixed	U20 + Senior	Final	1
8:00 AM	5000m RW	Mixed	U18	Final	1
9:20 AM	100m	Men	U18 + U20 + Senior	Decathlon	1
9:30 AM	80mH	Women	U16	Pentathlon	1
9:35 AM	80mH	Women	U16	Semi Final	2
9:45 AM	100mH	Men	U16	Pentathlon	1
9:50 AM	100mH	Women	U18 + U20 + Senior	Heptathlon	3
10:00 AM	100mH	Women	U18	Semi Final	2
10:05 AM	100mH	Men	U16	Semi Final	2
10:10 AM	110mH	Men	U18	Semi Final	2
10:15 AM	100m	Women	U16	Semi Final	3
10:25 AM	100m	Men	U16	Semi Final	4
10:35 AM	100m	Women	U18	Semi Final	3
10:45 AM	100m	Men	U18	Semi Final	3
10:55 AM	100m	Women	U20	Semi Final	2
11:05 AM	100m	Men	U20	Semi Final	2
11:15 AM	100m	Men	Senior	Semi Final	3
11:25 AM		TRAC	K BREAK - 20 Minutes		
11:45 AM	300m	Women	U16	Final	1
11:50 AM	300m	Men	U16	Final	1
11:55 AM	400m	Women	U18	Final	1
12:00 PM	400m	Men	U18	Final	1
12:05 PM	400m	Women	U20	Final	1
12:10 PM	400m	Men	U20	Final	1
12:15 PM	400m	Women	Senior	Final	1
12:20 PM	400m	Men	Senior	Final	1
12:25 PM			HURDLE SET UP		
12:40 PM	80mH	Women	U16	Final	1
12:45 PM	100mH	Women	U18	Final	1
12:50 PM	100mH	Men	U16	Final	1



TRACK EVENTS SATURDAY 13 JUL 24 (continued)					
Time	Event	Sex	Age Group	Туре	Heats
12:55 PM	100mH	Women	U20	Final	1
1:00 PM	100mH	Women	Senior	Final	1
1:05 PM	110mH	Men	U18	Final	1
1:10 PM	110mH	Men	U20	Final	1
1:15 PM	110mH	Men	Senior	Final	1
1:20 PM		TRAC	K BREAK - 20 Minutes	•	
1:40 PM	100m	Women	U16	Final	1
1:45 PM	100m	Men	U16	Final	1
1:50 PM	100m	Women	U18	Final	1
1:55 PM	100m	Men	U18	Final	1
2:00 PM	100m	Women	U20	Final	1
2:05 PM	100m	Men	U20	Final	1
2:10 PM	100m	Women	Senior	Final	1
2:15 PM	100m	Men	Senior	Final	1
2:20 PM	1200m	Women	U16	Final	1
2:30 PM	1200m	Men	U16	Final	1
2:40 PM	1500m	Women	U18	Final	1
2:50 PM	1500m	Men	U18	Timed Final	2
3:05 PM	1500m	Women	U20	Final	1
3:15 PM	1500m	Men	U20	Final	1
3:25 PM	1500m	Women	Senior	Final	1
3:35 PM	1500m	Men	Senior	Final	1
3:45 PM	200m	Women	U18 + U20 + Senior	Heptathlon	3
4:00 PM	800m	Women	U16	Pentathlon	1
4:10 PM	400m	Men	U18 + U20 + Senior	Decathlon	1
4:20 PM	1000m	Men	U16	Pentathlon	1
4:30 PM	4 x 100m	Women	U16	Final	1
4:35 PM	4 x 100m	Men	U16	Final	1
4:40 PM	4 x 100m	Women	U18	Final	1
4:45 PM	4 x 100m	Men	U18	Final	1



TRACK EVENTS SATURDAY 13 JUL 24 (continued)						
Time Event Sex Age Group Type						
4:50 PM	4 x 100m	Women	U20	Final	1	
4:55 PM	4 x 100m	Men	U20	Final	1	
5:00 PM	4 x 100m	Men	Senior	Final	1	

FIELD EVENTS SATURDAY 13 JUL 24					
Time	Event	Sex	Age Group	Туре	Flights
9:00 AM	Discus Throw	Women	U16 + U18	Final	1
9:00 AM	High Jump	Men	U18 + U20 + Senior	Final	1
10:00 AM	Long Jump	Women	U16	Final - Flight 1	1
10:00 AM	Pole Vault	Men	U16 + U18	Final	1
10:30 AM	Javelin Throw	Mixed	Para Seated Throws	Final	1
10:45AM (approx.)	Long Jump	Women	U16	Final - Flight 2	1
10:45 AM	Discus Throw	Women	U20 + Senior + Para Amt	Final	1
10:45 AM	Long Jump	Men	U18 + U20 + Senior	Decathlon	1
10:45 AM	Long Jump	Men	U16	Pentathlon	1
11:00 AM	High Jump	Women	U18 + U20 + Senior	Heptathlon	1
11:00 AM	High Jump	Women	U16	Pentathlon	1
12:00 PM	Discus Throw	Men	U16	Final	1
1:00 PM	Shot Put	Men	U18 + U20 + Senior	Decathlon	1
1:00 PM	Shot Put	Men	U16	Pentathlon	1
1:15 PM	Discus Throw	Men	U18	Final	1
1:15 PM	Pole Vault	Women	U16 + U18	Final	1
1:30 PM	Long Jump	Women	U16	Pentathlon	1
2:00 PM	Long Jump	Men	U18	Final	1
2:00 PM	Shot Put	Women	U18 + U20 + Senior	Heptathlon	1
2:30 PM	Discus Throw	Men	U20 + Senior + Para Amt	Final	1
2:45 PM	High Jump	Men	U18 + U20 + Senior	Decathlon	1
2:45 PM	High Jump	Men	Pentathlon	Pentathlon	1
3:15 PM	Shot Put	Women	U16	Pentathlon	1
4:00 PM	Javelin Throw	Mixed	U20 + Senior	Final	1



COMBINED EVENTS | SATURDAY 13 JUL 24

DECATHLON (U18 + U20 + Senior) MEN				
9:20 AM	100m			
10:45 AM	Long Jump			
1:00 PM	Shot Put			
2:45 PM	High Jump			
4:10 PM	400m			

PENTATHLON (U16) MEN					
9:45 AM	100mH				
10:45 AM	Long Jump				
1:00 PM	Shot Put				
2:45 PM	High Jump				
4:20 PM	1000m				

HEPTATHLON (U18 + U20 + Senior) WOMEN				
9:50 AM	100mH			
11:00 AM	High Jump			
2:00 PM	Shot Put			
3:45 PM	200m			

PENTATHLON (U16) WOMEN				
9:30 AM	80mH			
11:00 AM	High Jump			
1:30 PM	Long Jump			
3:15 PM	Shot Put			
4:00 PM	800m			



TRACK EVENTS SUNDAY 14 JUL 24					
Time	Event	Sex	Age Group	Туре	Heats
9:00 AM	110mH	Men	U18 + U20 + Senior	Decathlon	1
9:10 AM	2000m	Women	U16	Final	1
9:20 AM	2000m	Men	U16	Final	1
9:30 AM	3000m	Women	U16	Final	1
9:45 AM	3000m	Men	U18	Final	1
10:00 AM	200m	Women	U16	Semi Final	4
10:15 AM	200m	Men	U16	Semi Final	3
10:30 AM	200m	Women	U18	Semi Final	3
10:45 AM	200m	Men	U18	Semi Final	3
11:00 AM	200m	Women	U20	Semi Final	2
11:15 AM	200m	Men	U20	Semi Final	3
11:25 AM	200m	Men	Senior	Semi Final	3
11:35 AM		TRAC	K BREAK - 35 Minutes	•	
12:10 PM	300mH	Women	U16	Timed Final	1
12:15 PM	300mH	Men	U16	Timed Final	1
12:20 PM	400mH	Women	U18	Timed Final	1
12:25 PM	400mH	Men	U18	Timed Final	1
12:30 PM	400mH	Women	U20	Timed Final	1
12:35 PM	400mH	Men	U20	Timed Final	1
12:40 PM	400mH	Men	Senior	Timed Final	1
12:45 PM		TRAC	K BREAK - 35 Minutes	•	
1:20 PM	200m	Women	U16	Final	1
1:25 PM	200m	Men	U16	Final	1
1:30 PM	200m	Women	U18	Final	1
1:35 PM	200m	Men	U18	Final	1
1:40 PM	200m	Women	U20	Final	1
1:45 PM	200m	Men	U20	Final	1
1:50 PM	200m	Women	Senior	Final	1
1:55 PM	200m	Men	Senior	Final	1
2:00 PM	800m	Women	U16	Final	1



TRACK EVENTS SUNDAY 14 JUL 24 (continued)						
Time	Event	Sex	Age Group	Туре	Heats	
2:05 PM	800m	Men	U16	Timed Final	2	
2:15 PM	800m	Women	U18	Timed Final	2	
2:25 PM	800m	Men	U18	Timed Final	2	
2:35 PM	800m	Women	U20	Final	1	
2:40 PM	800m	Men	U20	Final	1	
2:45 PM	800m	Women	Senior	Final	1	
2:50 PM	800m	Men	Senior	Final	1	
2:55 PM	800m	Women	U18 + U20 + Senior	Heptathlon	1	
3:10 PM	4 x 400m	Women	U18	Final	1	
3:20 PM	4 x 400m	Men	U18	Final	1	
3:30 PM	4 x 400m	Women	U20	Final	1	
3:40 PM	4 x 400m	Men	U20	Final	1	
3:50 PM	4 x 400m	Men	Senior	Final	1	
4:00 PM	1500m	Men	U18 + U20 + Senior	Decathlon	1	

FIELD EVENTS SUNDAY 14 JUL 24					
Time	Event	Sex	Age Group	Туре	Flights
9:00 AM	Long Jump	Women	U18	Final	1
9:00 AM	High Jump	Men	U16	Final	1
9:00 AM	Javelin Throw	Women	U16 + U18	Final	1
9:00 AM	Shot Put	Men	U16 + U18	Final	1
10:00 AM	Long Jump	Women	U18 + U20 + Senior	Heptathlon	1
10:00 AM	Discus Throw	Men	U18 + U20 + Senior	Decathlon	1
10:45 AM	Javelin Throw	Men	U16	Final	1
11:00 AM	High Jump	Women	U16	Final	1
11:00 AM	Shot Put	Women	U16	Final	1
11:30 AM	Pole Vault	Men	U18 + U20 + Senior	Decathlon	1
11:30 AM	Discus Throw	Mixed	Seated Throws	Final	1
11:45 AM	Long Jump	Men	U20	Final	1
12:00 PM	Long Jump	Women	U20 + Senior	Final	1



FIELD EVENTS SUNDAY 14 JUL 24 (continued)					
Time	Event	Sex	Age Group	Туре	Flights
12:00 PM	Javelin Throw	Men	U18	Final	1
12:45 PM	Shot Put	Women	U18	Final	1
1:30 PM	Long Jump	Men	U16	Final	1
1:30 PM	High Jump	Women	U18 + U20 + Senior	Final	1
1:30 PM	Javelin Throw	Women	U18 + U20 + Senior	Heptathlon	1
2:00 PM	Long Jump	Men	Senior	Final	1
2:15 PM	Shot Put	Mixed	U20 + Senior	Final	1
2:30 PM	Shot Put	Mixed	Para Seated Throws	Final	1
2:45 PM	Javelin Throw	Men	U18 + U20 + Senior	Decathlon	1

COMBINED EVENTS | SUNDAY 14 JUL 24 (apporximate)

DECATHLON (U18 + U20 + Senior) MEN			
9:00 AM	110mH		
10:00 AM	Discus Throw		
11:30 AM	Pole Vault		
2:45 PM	Javelin		
4:00 PM	1500m		

HEPTATHLON (U18 + U20 + Senior) WOMEN				
10:00 AM	Long Jump			
1:30 PM	Javelin Throw			
2:55 PM	800m			