

Timetable

(updated on 17 June 2023)

**Third Division - DAY 1 AM - 20 June**

10:00	Shot Put	W
10:05	400m	W
10:20	Discus Throw	W
10:25	Triple Jump	M
10:35	400m	M
10:49	Shot Put F	W
10:55	5000m	W
11:17	Discus Throw F	W
11:24	Pole Vault	M
11:28	800m	M
11:41	Triple Jump F	M
11:55	3000m SC	M
12:15	Hammer Throw	W
12:30	100m	W
12:50	100m	M
13:05	Hammer Throw F	W

Third Division - DAY 2 AM - 21 June

09:40	Long Jump	M
09:55	Pole Vault	W
10:05	110m Hurdles	M
10:08	Discus Throw	M
10:25	100m Hurdles	W
10:56	Long Jump F	M
11:02	800m	W
11:14	Discus Throw F	M
11:20	1500m	M
11:40	400m Hurdles	W
11:45	Triple Jump	W
12:05	400m Hurdles	M
12:16	Hammer Throw	M
12:30	4x100m	W
12:50	4x100m	M
13:01	Triple Jump F	W
13:06	Hammer Throw F	M

Third Division - DAY 3 AM - 22 June

09:55	Javelin Throw	W
10:00	High Jump A	M
10:00	High Jump B	M
10:05	200m	W
10:25	200m	M
10:28	Shot Put	M
10:46	Javelin Throw F	W
10:55	Long Jump	W
11:05	3000m SC	W
11:25	Shot Put F	M
11:33	Javelin Throw	M
11:40	5000m	M
11:45	High Jump A	W
11:45	High Jump B	W
12:11	Long Jump F	W
12:20	1500m	W
12:35	Javelin Throw F	M
12:42	4 x 400m Mixed	X

Second Division - DAY 1 PM - 20 June

16:15	Shot Put	W
16:20	Hammer Throw	W
17:05	400m	W
17:15	Shot Put F	W
17:22	Triple Jump	M
17:26	Hammer Throw F	W
17:35	400m	M
17:53	5000m	W
18:15	Discus Throw	W
18:20	Pole Vault A	M
18:20	Pole Vault B	M
18:28	800m	M
18:39	Triple Jump F	M
18:55	3000m SC	M
19:21	Discus Throw F	W
19:30	100m	W
19:50	100m	M

Second Division - DAY 2 PM - 21 June

16:10	Hammer Throw	M
16:20	Long Jump	M
16:55	Pole Vault	W
16:55	Pole Vault	W
17:05	110m Hurdles	M
17:15	Hammer Throw F	M
17:25	100m Hurdles	W
17:36	Long Jump F	M
17:50	800m	W
18:08	1500m	M
18:15	Discus Throw	M
18:26	Triple Jump	W
18:40	400m Hurdles	W
19:05	400m Hurdles	M
19:20	Discus Throw F	M
19:30	4x100m	W
19:41	Triple Jump F	W
19:50	4x100m	M

Second Division - DAY 3 PM - 22 June

16:30	Javelin Throw	W
16:35	High Jump A	M
16:35	High Jump B	M
17:05	200m	W
17:25	200m	M
17:28	Shot Put	M
17:36	Javelin Throw F	W
17:55	Long Jump	W
18:05	3000m SC	W
18:25	High Jump A	W
18:25	High Jump B	W
18:25	Shot Put F	M
18:33	Javelin Throw	M
18:40	5000m	M
19:10	Long Jump F	W
19:20	1500m	W
19:35	Javelin Throw F	M
19:42	4 x 400m Mixed	X

First Division - DAY 4 PM - 23 June

16:15	Shot Put	W
16:20	Hammer Throw	W
17:05	400m	W
17:15	Shot Put F	W
17:22	Triple Jump	M
17:26	Hammer Throw F	W
17:35	400m	M
17:55	5000m	W
18:15	Discus Throw	W
18:20	Pole Vault A	M
18:20	Pole Vault B	M
18:28	800m	M
18:39	Triple Jump F	M
18:55	3000m SC	M
19:21	Discus Throw F	W
19:30	100m	W
19:50	100m	M

First Division - DAY 5 PM - 24 June

15:10	Hammer Throw	M
15:20	Long Jump	M
15:55	Pole Vault A	W
15:55	Pole Vault B	W
16:05	110m Hurdles	M
16:15	Hammer Throw F	M
16:25	100m Hurdles	W
16:36	Long Jump F	M
16:50	800m	W
17:10	1500m	M
17:15	Discus Throw	M
17:26	Triple Jump	W
17:40	400m Hurdles	W
18:05	400m Hurdles	M
18:20	Discus Throw F	M
18:30	4x100m	W
18:41	Triple Jump F	W
18:50	4x100m	M

First Division - DAY 6 PM - 25 June

15:25	Javelin Throw	W
15:30	High Jump A	M
15:30	High Jump B	M
16:00	200m	W
16:20	200m	M
16:23	Shot Put	M
16:29	Javelin Throw F	W
16:50	Long Jump	W
17:00	3000m SC	W
17:20	High Jump A	W
17:20	High Jump B	W
17:20	Shot Put F	M
17:28	Javelin Throw	M
17:35	5000m	M
18:05	Long Jump F	W
18:15	1500m	W
18:30	Javelin Throw F	M
18:37	4 x 400m Mixed	X