

Saturday, June 22nd 2024					
Time*	Decathlon Men		Heptathlon Women		Time*
11:00	100 m				11:00
11:20			100 m H		11:20
12:15	Long Jump 1	Gr. A			12:15
12:15	Long Jump 2	Gr. B			12:15
12:35			High Jump 1	Gr. A	12:35
12:35			High Jump 2	Gr. B	12:35
13:40	Shot Put 1	Gr. A			13:40
13:40	Shot Put 2	Gr. B			13:40
14:40	Relay				14:40
15:10	High Jump 1	Gr. A			15:10
15:10	High Jump 2	Gr. B			15:10
15:20			Shot Put 1	Gr. A	15:20
15:20			Shot Put 2	Gr. B	15:20
16:45			200 m		16:45
17:30	400 m				17:30

Sunday, June 23rd 2024					
Time*	Decathlon Men		Heptathlon Women		Time*
10:00	110 m H		Gr. B		10:00
10:30	110 m H		Gr. A		10:30
10:45	Discus		Gr. B		10:45
11:50			Long Jump 2	Gr. B	11:50
11:55	Discus		Gr. A		11:55
12:30	Pole Vault 2		Gr. B		12:30
12:45			Long Jump 1	Gr. A	12:45
13:05			Javelin	Gr. B	13:05
13:35	Pole Vault 1		Gr. A		13:35
14:10			Javelin	Gr. A	14:10
15:15	Javelin		Gr. B		15:15
15:25			800 m		15:25
16:00	Relay				16:00
16:20	Javelin		Gr. A		16:15
17:30	1500 m				17:30

*\*The times correspond to the expected starting times - changes are possible at any time!*