

# PROVISIONAL TIMETABLE

## TRACK

11:00 300m  
11:10 3000m  
11:35 600m  
12:05 150m  
12:25 Sprint Hurdles 75/80/100/110  
13:25 75m  
13:40 100m  
14:30 800m  
15:00 Long Hurdles 200/300/400  
16:00 1500m Steeplechase  
16:30 200m  
17:15 MILE  
17:45 400m

## FIELD

10:00 Hammer (M)  
10:00 Long jump (W)  
11:00 Pole Vault (Higher heights)  
11.30 Shot (M)  
12:00 Hammer (W)  
13:30 Discus (M)  
13:30 Shot (W)  
13:30 Long Jump (M)  
15:00 Pole Vault (Lower heights)  
15:00 Triple Jump (All)  
15:30 Discus (W)  
16:30 Javelin (All)  
16:45 High Jump (All)

**\*Weight Throw** (you must bring your own weight implement) will be either first or last event and it will be decided after speaking to athletes.