

2019 SENIOR/U20 TIMETABLE DAY 1

TRACK EVENTS

Event No.	Event	Age Group	Stage	Start Time
T1	400m	Sen Men	Heats	10.15
T2	400m	Sen Women	Heats	10.35
T3	400m	U20 Men	Heats	10.45
T4	100m	Sen Men	Heats	11.00
T5	100m	Sen Women	Heats	11.20
T6	100m	U20 Men	Heats	11.30
T7	100m	U20 Women	Heats	11.45
T8a	5000m	Sen Men	FINAL	12.00
T8b	5000m	U20 Men	FINAL	12.00
T9	400m	Sen Men	Semi-Finals	12.30
T10	100m Race Running	All M/W	FINAL	12.40
T11	100m	Sen Men	Semi-Finals	12.45
T12	1500m	Sen Women	FINAL	13.25
T13	110m Hurdles	Sen Men	FINAL	13.35
T14	1500m	Sen Men	Heats	13.40
T15	110m hurdles	U20 Men	FINAL	14.00
T16	1500m	U20 Men	FINAL	14.05
T17	100m Hurdles	Sen Women	FINAL	14.15
T18	1500m	U20 Women	FINAL	14.20
T19	100m Hurdles	U20 Women	FINAL	14.30
T20	400m Ambulant	All M/W	FINAL	14.35
T21	400m Race Running	All M/W	FINAL	14.40
T22	400m	Sen Men	FINAL	14.45
T23	400m	U20 Men	FINAL	14.50
T24	400m	Sen Women	FINAL	14.55
T25	400m	U20 Women	FINAL	15.00
T26a	3000S/C	Sen Men	FINAL	15.05
T26b	3000S/C	U20 Men	FINAL	15.05
T27	100m	Sen Women	FINAL	15.20
T28	100m	U20 Women	FINAL	15.25
T29	100m	U20 Men	FINAL	15.30
T30	100m	Sen Men	FINAL	15.35
T31	100m Ambulant	Women	FINAL	15.40
T32	100m Ambulant	Men	FINAL	15.45
T33	1500m	Sen Men	FINAL	15.50

FIELD EVENTS

Event No.	Event	Age Group	Stage	Start Time
F1	Seated Discus	All M/W	FINAL	10.30
F2	Long Jump	U20 Women	FINAL	10.30
F3	Pole Vault	U20 Men	FINAL	10.30
F4	Javelin	U20 Men	FINAL	10.30
F5	Seated Club	All M/W	FINAL	11.00
F6	Discus	U20 Women	FINAL	11.30
F7	Long Jump	U20 Men	FINAL	11.50
F8	Triple Jump	Sen Women	FINAL	12.00

F9	Shot Put	Sen Men	FINAL	12.30
F10	Hammer	Sen Women	FINAL	12.25
F11	High Jump	Sen Men	FINAL	13.00
F12	Hammer	Sen Men	FINAL	13.10
F13	Pole vault	U20 Women	FINAL	13.45
F14	Seated Javelin – Shot	All M/W	FINAL	14.00
F15	High Jump	Sen Women	FINAL	14.10
F16	Discus	U20 Men	FINAL	14.10
F17	Shot Put	Sen Women	FINAL	15.00
F18	Triple Jump	Sen Men	FINAL	15.10
F19	Javelin	U20 Women	FINAL	15.10