

2019 SENIOR/U20 TIMETABLE DAY 2

TRACK EVENTS

Event No.	Event	Age Group	Stage	Start Time
T34	400mH	U20 Women	FINAL	10.30
T35	400mH	Sen Women	FINAL	10.40
T36	400mH	U20/U18 Men	FINAL	10.50
T37	400mH	Sen Men	FINAL	11.00
T38	800m	Sen Women	Semi-Finals	11.10
T39	800m	Sen Men	Heats	11.20
T40	200m	Sen Men	Heats	11.35
T41	200m	U20 Women	Heats	11.55
T42	200m	Sen Women	Heats	12.15
T43	200m	U20 Men	Heats	12.30
T44	5000m	Sen Women	FINAL	13.15
T45	200m	Sen Men	Semi Finals	13.45
T46	200m Ambulant	Men	FINAL	13.55
T47	200m Ambulant	Women	FINAL	14.00
T48a	2000S/C	Sen Women	FINAL	14.05
T48b	2000S/C	U20 Women	FINAL	14.05
T49	800m	Sen Women	FINAL	14.20
T50	800m	U20 Women	FINAL	14.25
T51	800m	Sen Men	FINAL	14.30
T52	800m	U20 Men	FINAL	14.35
T53	200m	Sen Women	FINAL	14.40
T54	200m	U20 Women	FINAL	14.45
T55	200m	U20 Men	FINAL	14.50
T56	200m	Sen Men	FINAL	14.55

FIELD EVENTS

Event No.	Event	Age Group	Stage	Start Time
F20a	Hammer	U20 Men	FINAL	10.30
F20b	Hammer	U20 Women	FINAL	10.30
F21	Long Jump	Sen Men	FINAL	10.30
F22	Pole Vault	Sen Women	FINAL	10.30
F23	Long Jump	Sen Women	FINAL	11.25
F24	High Jump	U20 Men	FINAL	11.30
F25	Javelin	Sen Men	FINAL	11.40
F26	Shot Put	U20 Men	FINAL	12.00
F27	Triple Jump	U20 Men	FINAL	12.45
F28	Javelin	Sen Women	FINAL	12.40
F29	Pole Vault	Sen Men	FINAL	13.00
F30	Triple Jump	U20 Women	FINAL	13.15
F31	Shot Put	U20 Women	FINAL	14.00
F32	High Jump	U20 Women	FINAL	14.10
F33	Discus	Sen Men	FINAL	14.15
F34	Discus	Sen Women	FINAL	14.15