

Day 1

Morning

7.00am	10, 000m	Women	All Comers		10000m
8.00am	3, 000m Steeple Cha	Women	All Comers		3000m sc
8.05am	Discus	Women	All Comer	Inter.	Discus
8.20am	3, 000m Steeple Cha	Men	All Comers		3000m sc
8.45am	100mh	Heptathlor	Final		
8.55am	100m	Decathlon	Final		
9.00am	100m	Women	Qualifying		
9.00am	Pole Vault	Men	Final		Pole vault
9.30am	High Jump	Heptathlor	Final		
9.30am	Long Jump	Decathlon	Final		
9.50am	100m	Men	Qualifying		
10.50am	400m Hurdles	Women	Qualifying		
10.50am	Discus	Men	Final	Opt.	Discus
10.50am	Shot Put	Decathlon	Final		
11.10am	400m Hurdles	Men	All Comers		
11.40am	1, 500m	Women	All Comers		1500m
11.40am	Hammer	Women	All Comer	Opt.	hammer
11.50am	1, 500m	Men	All Comers		1500m
12.10am	100mh	Women	Qualifying		
12.20pm	110mh	Men	Qualifying		
12.40pm	Hammer	Men	All Comers		hammer

Afternoon

2.00pm	Shot Put	Heptathlor	Final		
2.00pm	200m	Women	All Comers		
2.30pm	200m	Men	All Comers		
3.25pm	High Jump	Decathlon	Final		
3.30pm	400m	Women	Qualifying		
4.10pm	400m	Men	Heats		
4.05pm	Long Jump	Women	Final		Long jump
4.30pm	High Jump	Men	Final		
5.00pm	800m	Women	All Comers		800m
5.10pm	800m	Men	All Comers		800m
5.20pm	200m	Heptathlor	Final		
5.25pm	400m	Decathlon	Final		

Day 2

Morning

6.25am	5, 000m Race Walk	Women	Final	GL	20,000m RW	1
6.30am	5, 000m Race Walk	Men	Final	GL	20,000m RW	2
7.20am	10, 000m	Men	Final	Opt.	10000m	3
8.05am	110m Hurdles	Decathlon	Final			
8.05am	Long Jump	Heptathlor	Final			
8.30pm	5, 000m	Women		GL	5000m	4
9.00am	5, 000m	Men	Final		5000m	
9.00am	Triple Jump	Women	Final		Triple jum	5
9.05am	Javelin	Men	Final	GL	Javelin	6
9.10am	Pole Vault	Women	Final		Pole vault	
9.20am	400m Hurdles	Women	Final	GL	400mh	7
9.30am	Discus	Decathlon	Final			

9.45am	Javelin	Heptathlon	Final		
11.00am	Triple Jump	Men	Final	GL	Triple jump
11.05am	Shot Put	Women	Final	Inter.	shot

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Afternoon

2.30pm	Pole Vault	Decathlon	Final		
3.00pm	Shot Put	Men	Final	GL	shot
3.05pm	High Jump	Women	Final	GL	High jump
3.05pm	100m Hurdles	Women	Final	GL	100mh
3.20pm	110m Hurdles	Men	Final	GL	110mh
3.30am	400m	Women	Final	GL	400m
3.40pm	400m	Men	Final	GL	400m
3.45pm	Javelin	Women	Final	GL	Javelin
3.45pm	Long Jump	Men	Final	GL	Long jump
3.50pm	100m	Women	Final	Inter	100m
4.00pm	100m	Men	Final	Inter.	100m
4.10pm	800m	Heptathlon	Final	Opt.	Hep
4.30pm	Javelin	Decathlon	Final		
4.15pm	1, 500m	Decathlon	Final	Opt.	Deca
4.25pm	4x100m	Women	Final	BN	4x100m
4.30pm	4x100m	Men	Final	BN	4x100m
4.35pm	4x400m	Women	Final	BN	4x400m
4.45pm	4x400m	Men	Final	BN	4x400m

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