

UPDATED EVENT SCHEDULE FOR 1ST MoC GRAND PRIX & RELAYS

Tuesday 12-Jun-18

DAY 1

MORNING SESSION	
BIB COLLECTION OPENS	08:00
MEN'S LONG JUMP PRELIMS A	09:00
WOMEN'S 400M HEATS	09:00
MEN'S 400M HEATS	09:20
MEN'S SHOTPUT FINAL	10:00
MEN'S 100M PRELIMS	10:30
MEN'S LONG JUMP PRELIMS B	11:00
WOMEN'S 100M HEATS	12:00
LUNCH BREAK	
13:00	
AFTERNOON SESSION	
MEN'S LONG JUMP PRELIMS C	14:00
WOMEN'S 400M HURDLES FINAL B	14:00
WOMEN'S 400M HURDLES FINAL A	14:10
MEN'S 400M HURDLES FINAL B	14:20
MEN'S 400M HURDLES FINAL A	14:30
MEN'S 100M HEATS	15:00
WOMEN'S HAMMER THROW FINAL	15:30
MEN'S 800M HEATS	15:30
WOMEN'S 800M FINAL	16:00
WOMEN'S TRIPLE JUMP FINAL	16:00
WOMEN'S 100M FINAL B	16:30
WOMEN'S 100M FINAL A	16:40
MEN'S 100M FINAL B	16:50
MEN'S 100M FINAL A	17:00

Wednesday 13-Jun-18

DAY 2

MORNING SESSION	
WOMEN'S 200M HEATS	09:00
MEN'S 200M HEATS	09:30
MEN'S JAVELIN FINAL	10:00
WOMEN'S HIGH JUMP FINAL	10:00
MEN'S LONG JUMP FINAL	11:00
WOMEN'S 400M FINAL B	12:00
WOMEN'S 400M FINAL A	12:10
MEN'S 400M FINAL B	12:20
MEN'S 400M FINAL A	12:30
LUNCH BREAK	
13:00	
AFTERNOON SESSION	
WOMEN'S 100M HURDLES FINAL B	14:00
WOMEN'S 100M HURDLES FINAL A	14:10
MEN'S 110M HURDLES FINAL B	14:20
MEN'S 110M HURDLES FINAL A	14:30
WOMEN'S LONG JUMP FINAL	14:30
WOMEN'S SHOT PUT FINAL	14:40
MEN'S HIGH JUMP FINAL	14:50
MEN'S 800M FINAL	15:00
WOMEN'S 200M FINAL B	15:30
WOMEN'S 200M FINAL A	15:40
MEN'S 200M FINAL B	15:50
MEN'S 200M FINAL A	16:00
MEN'S TRIPLE JUMP FINAL	16:00
REGISTRATION FOR RELAYS	16:30

Thursday 14-Jun-18

DAY 3

NO MORNING SESSION	
AFTERNOON SESSION ONLY (NOW RELAYS ONLY)	
MEN'S 4x100M PRELIMS	14:20
WOMEN'S 4x100M FINAL B	15:30
WOMEN'S 4x100M FINAL A	15:40
MEN'S 4x100M FINAL B	15:50
MEN'S 4x100M FINAL A	16:00
WOMEN'S 4x400M FINAL B	16:10
WOMEN'S 4x400M FINAL A	16:20
MEN'S 4x400M FINAL B	16:30
MEN'S 4x400M FINAL A	16:40
MIXED 4x400M FINAL B	16:50
MIXED 4x400M FINAL A	17:00