





## TIMETABLE

	WOMEN		MEN
PRE PROGRAM			
15:00	HAMMER THROW		HAMMER THROW
15:00			100M
15:30	100M		
16:00		OPENING CEREMONY MAIN PROGRAM	
16:20	800M		
16:30			HIGH JUMP
16:40	100M HURDLES HEATS		
16:50			TRIPLE JUMP
17:00			110M HURDLES HEATS
17:15	JAVELIN		
17:40	100M HURDLES FINAL		
17:55			110M HURDLES FINAL
18:10	LONG JUMP		
18:15	100M HEATS		
18:25			DISCUS
18:30			100M POWERD BY NV HEATS
18:50			400M HURDLES
19:05	400M HURDLES		
19:20	100M FINAL		
19:30			100M POWERD BY NV FINAL





















