

# International Junior Match

ISRAEL – ROMANIA –UKRAINE -CYPRUS



CYPRUS AMATEUR ATHLETIC ASSOCIATION

**07.05.2016 Nicosia, Cyprus**

**International Junior Match  
07.05.2016 Nicosia, Cyprus**

**1.ORGANISATIONAL STRUCTURE**

**1.1 Executive Board of Cyprus Amateur Athletic Association**

|                    |  |
|--------------------|--|
| President:         | Antonios G. Dracos   |
| Vice President:    | George P. Mitsides   |
| General Secretary: | Periklis Markaris  |
| Treasurer:         | Kostakis Mitsides  |
| Council Members:   | Soteris Adamou<br>Sofoklis Charalambides<br>Kritonas Georgiades<br>Elenitsa Georgiou (Mrs)<br>Demos Kallinikou<br>Kyriakos Michael<br>Fivos Constantinides<br>George Kyriakides<br>Marios Hadjimitsis<br>Ioannis Potsos<br>Kalli Hadjiosif (Mrs) |
| Director:          | Antonis Georgallides   |

## **2. GENERAL INFORMATION**

### **2.1 Participating Countries**

ROM, UKR, ISR, CYP

## **3. ARRIVALS**

### **3.1 Arrival by Air**

The official airports are Larnaca Airport and Paphos Airport, situated about 40km and 90 km from the Accommodation and Stadium.

### **3.2 Welcome Service**

Upon arrival at the airports, a LOC representative will meet the teams. After luggage collection, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel, approximately 40min from Larnaca airport and 90min from Paphos airport.

### **3.3 Transportation of Equipment**

Poles will be transferred directly to the stadium by LOC staff. Each pole cover must be labeled with a sticker showing: Athlete's Name and Country Code.

### **3.4. Visa Requirements**

The ISRAEL and Romania DOES NOT NEED VISAS. Ukrainian Federation needs visa and we kindly ask to contact the CYPRUS EMBASSY in Kiev.

## **4. TRANSPORT**

### **4.1 Transportation Service**

Transportation will be arranged according to the arrival on Friday and the competition programme on Saturday.

### **4.2. Return to Airport**

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available from the information desks.

## **5. ACCOMMODATION & INFORMATION**

### **5.1 General Information**

The LOC has reserved accommodation at the following hotels:

- Allegra gsp sport center – ISRAEL TEAM
- Europa Plaza - UKRAINE TEAM
- Altius Boutique Hotel - ROMANIA TEAM

### **5.2 Information Desk**

An LOC Information Desk will be located in the lobby accommodation with qualified personnel offering relevant information about all aspects of the Match. The desk will be open on 06 – 08.05.2016 from 09.00 to 22.00.

### **5.3 Accommodation**

Teams will be accommodated in twins (17) and singles (3) rooms.

### **5.4 Costs and Quota**

According to the agreement between the countries, accommodation and full board for the visiting teams will be paid for by the host country, up to 2 days and for the following persons:

- 30 athletes & 7 officials from each participating men and women's team.

### **All payments must be made in EURO**

#### **5.5 Payment Procedures**

An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Advance payments should be made in EURO by bank transfer to the following account:

Bank account name: Cyprus Amateur Athletic Association  
21 Amfipoleos str., B102 – 112, 2036 Strovolos - Nicosia  
Bank Name: Bank of Cyprus  
Bank account number: 357009972787  
Swift No: BCYPCY2N  
IBAN: CY17 0020 0195 0000 3570 0997 2787

Please note: A copy of the bank transfer will be required on arrival. The balance of the payment must be paid on-site by the Team Leader on arrival at the accreditation centre.

### **All payments must be made in EURO**

## **5.6 Meals**

All meals will be served at the hotels

The restaurant opening times are:

Breakfast 07.00 – 10.00

Lunch 12.30 – 14.30

Dinner 19.00 – 21.00

07.05.2016 Dinner will be served at the Altius Boutique Hotel

Accreditation cards will allow access to meals in the restaurant.

## **5.7 Meeting rooms for Teams**

Arrangements can be made for team meeting rooms through the information desk in the hotels. Requests shall be made at reasonable time in advance.

## **6. ACCREDITATION**

### **6.1 General**

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. Photos are not required for the accreditation card system.

### **6.2 Accreditation Procedure**

Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the final entry form.

Accreditation cards will be distributed upon arrival to the team leader, at the information desk after financial issues will be settled by the Team Leader.

### **6.3 Loss of an Accreditation Card**

Any lost or damaged accreditation card should be reported to the TIC at the stadium. Duplicate cards can be obtained where proof of identity can be established.

### **6.4 Access Areas for Teams**

All team accreditation cards will allow access to the team seating area, warm up area, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to infield.

Separate cards will be issued to Team Leaders, for access to the TIC and Doping Control Area.

## **7. TECHNICAL INFORMATION**

### **7.1 Technical Information Centre (TIC)**

The main function of the TIC is to ensure smooth communication between each Team Delegation, the LOC and the Competition Administration, regarding technical matters.

The TIC is located at the Stadium (see stadium plan).

The TIC will be open at the following times:

07.05.2016 12.00 – 22.00

The TIC will be linked to all information desks set up for this event and shall be responsible for the following:

- Competition information
- Notification of lists of competitors (start lists)
- Liaison points concerning technical matters between Team Delegate, Technical Delegate and LOC
- Settlement of technical enquiries from delegations
- Record forms
- Recovery of confiscated items at the call room
- Applications for ‘national records’ doping control and photo finish prints
- Receipt of protests from the teams
- Publication of results. Results will be displayed on the notice boards near the TIC
- Official invitations

All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards. Information put in the mailboxes will include daily programme, start lists, results as well as official information from the LOC.

Teams that were not able to attend the Technical Meeting, under extreme circumstances, can collect their competition numbers from the TIC after the technical meeting.

### **7.2 Technical Meeting**

The Technical Meeting will be held on 06.05.2016 at 18.30 at the Stadium.

Each team may be represented by two persons and if necessary, on interpreter. It is highly important that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be presented in writing, preferably in English, to the TIC before 17.00 on 06.05.2016. The Technical Meeting will be conducted in English.

The Technical Meeting will be attended by:

- Jury of Appeal
- Representatives of the Local Organising Committee
- Chief Technical Officials
- TIC Representatives
- Competition Director

### **7.2.1 Agenda**

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Local Organising Committee
- Presentation of the Competition Officials
- Confirmation of entries
- Call-room procedures and schedule
- Allocation of lanes and order of competition
- Starting height and bar raising increments
- Scoring and ties
- Protests
- Presentation of the competition and warm up sites
- Opening and Closing Ceremonies
- Doping Control
- Answering of questions submitted in writing by federations
- Distribution of Bibs

### **7.3 Equipment**

The implements provided by the LOC (see implement list, Appendix 2) are selected from those appearing on the current IAAF approved equipment list as at 2016.

Federations requiring IAAF approved equipment not listed by the LOC may present such equipment prior to the competition, at the stadium, the day before the competition for inclusion in the competition pool, subject to test. Equipment must be presented prior to the technical meeting 06.05.2016 at 15.00 at the TIC, and will be returned only after the completion of day events.

Basic implements will be provided for warm up and training.

Poles will be checked by the Technical Director's staff and only poles complying with the rules will be accepted. Poles that have not been checked and approved may not be brought to the competition site.

Vaulting poles will be delivered from the airport to the stadium. The poles will be kept in a locked store and will be brought to the competition site in due time by the organisers.

After the competitions, the organisers will take the poles to the teams accommodation and further transportation will be arranged by the organisers as required.

#### **7.4 Inspection of Competition Venue**

Heads of Delegation may visit the Stadium inspecting access routes and other facilities which will be important to the teams on 06.05.2016 at 17.00.

#### **7.5 Competition Area**

The National athletics stadium and its surroundings are shown in Appendix 3 of this document.

The stadium has the following competition sites:

- 8 lanes
- 1 High Jump site
- 1 Pole Vault site
- 1 site for Long/Triple Jump
- 1 Shot Put Circle
- 1 Discus Circle
- 1 Javelin site

The maximum spike lengths in the various events are:

- Track, Long Jump, Triple Jump and Pole Vault: 9mm
- High Jump and Javelin: 12mm

#### **7.6 Dressing/Warm up/Physiotherapy Rooms**

The warm up area is located near the competition track (see Appendix 5) and includes Grass area.

In addition, physiotherapy tables and ice are available at the warm up area. There will be also team tents.

#### **7.7 Training**

Athletes will have the possibility to train in the stadium on 06.06.2016

Opening hours of this facility: 09.30 – 11.30

16.30 – 18.30



Equipment and implements necessary for training will be available at the training venue. Officials will be present to help in the case of problems or special requirements.

### **7.7.1 Training with the starter**

Training with the starter will be at the main stadium on 06.05.2016 at 17.00

## **8. COMPETITION REGULATIONS**

### **8.1 Events**

Junior Men U20: 100M – 200M – 400M – 1500M – 3000M-110M.H.(99cm) – 400M.H. – HJ – PV – LJ – SP(6K) – DT(1750Kg) – JT – HT (6K) – 4X100M

Junior Women U20: 100M – 200M – 400M – 1500M – 3000M-100M.H. – 400M.H. – HJ – LJ – SP – DT – JT – 4X100M

### **8.2 Eligibility of participating athletes**

Only athletes born in 1997 or later are eligible to take part.

### **8.3 Participating of athletes**

- Each country will enter 1 athlete per event
- It's possible to enter non-scoring athletes, in addition to the athlete who officially represents the country
- Extra 100m races will be held for non-scoring men & women

### **8.4 Final Entries**

Final entries shall be declared by the forms.

Final entries indicating the names of the athletes and their performances in the current year, plus the names of officials must be submitted **until 1<sup>st</sup> of May 2016.**

### **8.5 Final Confirmation**

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and returned immediately (**until 06.05.2016 at 16.30**). Final start lists will be ready for collection at the TIC after the Technical Meeting.

### **8.6 Scoring system**

The following scoring system will apply on all competition events (including relays).

1<sup>st</sup> place        4points

2<sup>nd</sup> place        3points

3<sup>rd</sup> place        2points

4<sup>th</sup> place        1point

(No mark will be awarded any points)

The team with the highest points will be declared the winner.

In case of tie, the team with more wins in individual events will be ranked higher.

### **8.7 Withdrawals**

Withdrawal of any confirmation must be indicated to the TIC in writing on the official withdrawal form.

After the Technical Meeting justified changes due to injury, illness or other uncontrollable matters will be possible until the beginning of the respective event.

### **8.8 Competition bibs**

The LOC will provide the teams with competition bibs at the Technical Meeting.

Each competitor receives 3 Bibs. Their personal competition number shall be pinned on the front and the back of the competition clothing, on the back of the tracksuit and or the bag. The competition bibs may not be cut, bent or covered in any way.

### **8.9 Participation Order/Lanes**

The teams will compete in lanes 3 – 6.

The athletes' participation order or lane assignment for each event is according to drawing done:

**Junior Men Teams**

| <b>Event</b> | <b>UKR</b> | <b>ROM</b> | <b>ISR</b> | <b>CYP</b> |
|--------------|------------|------------|------------|------------|
| 100m         | 3          | 4          | 5          | 6          |
| 200m         | 4          | 5          | 6          | 3          |
| 400m         | 6          | 3          | 4          | 5          |
| 1,500m       | 3          | 4          | 1          | 2          |
| 3,000m       | 2          | 3          | 4          | 1          |
| 110m H       | 5          | 6          | 3          | 4          |
| 400m H       | 3          | 4          | 5          | 6          |
| High Jump    | 1          | 2          | 3          | 4          |
| Pole Vault   | 2          | 1          | 4          | 3          |
| Long Jump    | 3          | 4          | 2          | 1          |
| Shot Put     | 4          | 3          | 1          | 2          |
| Discus Throw | 1          | 2          | 3          | 4          |
| Hammer Throw | 2          | 1          | 4          | 3          |
| Javelin      | 3          | 4          | 2          | 1          |
| 4X100m       | 6          | 3          | 4          | 5          |

**Junior Women Teams**

| <b>Event</b> | <b>UKR</b> | <b>ROM</b> | <b>ISR</b> | <b>CYP</b> |
|--------------|------------|------------|------------|------------|
| 100m         | 4          | 5          | 6          | 3          |
| 200m         | 5          | 6          | 3          | 4          |
| 400m         | 3          | 4          | 5          | 6          |
| 1,500m       | 3          | 4          | 1          | 2          |
| 3,000m       | 2          | 3          | 4          | 1          |
| 100m H       | 4          | 5          | 6          | 3          |
| 400m H       | 4          | 5          | 6          | 3          |
| High Jump    | 2          | 1          | 4          | 3          |
| Long Jump    | 4          | 3          | 1          | 2          |
| Shot Put     | 3          | 4          | 2          | 1          |
| Discus Throw | 2          | 1          | 4          | 3          |
| Javelin      | 1          | 2          | 3          | 4          |
| 4X100m       | 3          | 4          | 5          | 6          |

## 9. COMPETITION PROCEDURES

### 9.1 Timetable

Please refer to Appendix 1, for the competition timetable

### 9.2 Personal Implements/Poles

Each competitor may use his own implement if it's not included in the implements list.

Personal implements must be brought for checking to the TIC the day prior to the competition.

The Technical Manager's staff will check the equipment and implements, and only those complying with the IAAF Rules are accepted. Equipment and implements that have not been checked and approved may not be brought to the competition site. The team will receive a written message at the TIC the same day as the implement has left at the TIC for approval. If the implement is not approved it will be returned at the TIC. All personal implements are to be used during the event by other athletes. Personal implements will be returned at the TIC after the event.

### 9.3 Implements

The LOC will provide implements for the field events as follows:

### 9.4 Warm-up Area

The Warm-up Area consists three competition lanes and it is located near the main stadium.

There is a weight lifting room near the main stadium.

### 9.5 Call Room

All athletes must report to the call room, before each event, according to the following schedule:

| Events               | Entering Call Room                              |
|----------------------|---|
| Pole Vault           | 75 minutes prior to the scheduled starting time |
| High Jump            | 45 minutes prior to the scheduled starting time |
| Field Events         | 40 minutes prior to the scheduled starting time |
| Track Events Hurdles | 30 minutes prior to the scheduled starting time |
| Track Events         | 25 minutes prior to the scheduled starting time |

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Shoes
- Bags
- That non-authorized equipment (radio, walkman, mobile phone, camera etc) are not brought infield.

Personal belongings (video cameras, tape recorder, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per IAAF Rule 144.2. Competition officials in Call Room will confiscate all not authorized items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athlete will be able to collect such items from the TIC once their event has finished.

When all the control has been completed Call Room officials will accompany the athletes from Call Room onto the infield according to the following schedule:

| Events               | Entering Infield                                |
|----------------------|---|
| Pole Vault           | 60 minutes prior to the scheduled starting time |
| High Jump            | 30 minutes prior to the scheduled starting time |
| Field Events         | 25 minutes prior to the scheduled starting time |
| Track Events Hurdles | 15 minutes prior to the scheduled starting time |
| Track Events         | 10 minutes prior to the scheduled starting time |

## **9.6 Competition preparation**

### **9.6.1 Field Events**

In the field events the official trials are supervised by the judges. Athletes may only use the official markers for the approach. These will be hand out by the competition officials at the competition area.

Athlete will be entitled to 6 attempts in throwing events and the horizontal jumps.

### **9.6.2 Start commands**

The starter commands will be given in Greek, as follows:

For distances up to and including 400m.:

- «LAVETE THESEIS»
- «ETOIMOI»
- Fire of the gun

For distances of 800m. and more:

- «LAVETE THESEIS»
- Fire of the gun

A Silent Gun will be used. For recall an ordinary starter's gun will be used. There are false start indicators installed on the starting blocks.

### **9.7 Timing and measurement**

The official timing will be provided by OMEGA and will be displayed on the official electronic timing instrument and photo finish cameras.

The distance measurements for the following events will be taken by electronic equipment:

- Long Jump
- Triple Jump
- Discus
- Javelin
- Hammer Throw

The High Jump, Shot Put and Pole Vault will be measured manually.

### **9.8 Protests and Appeals**

Protests will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of 70Euro, as set in the Rules, must be paid. If the protest is unsuccessful, the deposit will not be returned.

The Jury's decision will be provided in writing at the TIC.

## **10. MEDICAL SERVICES**

### **10.1 General**

The medical service is in charge of any medical assistance to the team leaders, the competition organization, the information personnel, the honorary guests as well as, during the competition, to the spectators in the stadium.

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from the competition.

In case of an emergency please contact the nearest medical aid station, in other cases the given instructions should be followed.

### **10.2 Medical Care in the stadium**

The stadium medical service is responsible for any problems concerning the athletes' health.

There will be a first aid team of the infield supervised by a doctor.

### **10.3 Physiotherapy**

There are well equipped physiotherapy facilities at the stadium. The physiotherapy area is equipped with beds and will be open during the day of the competition.

### **10.4 Doping Control**

#### **10.4.1 General Information**

Doping control shall be conducted in accordance with IAAF Rules.

Athletes selected for doping control shall be informed by anti doping officials. Athletes will be required to sign a confirmation of notification.

Athletes who are to be tested may invite a team official to accompany them to the Doping Control (DCC).

A selected athlete should report immediately to the DCC, unless the athlete requests for a delay as specified in the IAAF anti-doping regulations.

All selected athletes will be accompanied by a trained chaperone of Doping Control Officer from the time of notification until arrival at the DCC.

Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption (TUE) system prior to attending the Championships.

#### **10.4.2 Selection of Athletes**

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

All athletes setting World or European records must report to the DCC to provide a sample. Failure to provide a sample will result in the record not being ratified.

#### **10.4.3 Additional Control**

Additional athletes, such as those achieving National Records who have not been selected for doping control, may present themselves for testing. These athletes must report to the TIC where they will have to complete the «Doping Control Request Form». They will then be escorted to the Doping Control Station. The cost of this control will be paid by the member federation.

### **11. SECURITY**

Instructions given by the LOC, the security personnel and the police have to be followed in all areas, as well as during transport from location to another. The accreditation card must be worn at all times, if an accreditation is lost, this should be reported immediately to the LOC Information Desk or TIC.

### **12. CEREMONIES**

#### **12.1 Victory Ceremonies**

The victory ceremonies for the winning Men and Women teams will take place at the final closing banquet. The trophy will be awarded to Junior Men, Junior Women, and Junior Men + Women together. There will be also trophy for the athletes with the best performances in the competition, according to the IAAF scoring table.

#### **12.2 Opening Ceremony**

The Opening Ceremony will take place on Sunday 07.05.2016 at 17.00 at the Stadium. No team member will be involved in the ceremony.

#### **12.3 Closing Banquet**

The Closing Banquet will take place 07.05.2016 at 22.00 at the Altius Boutique Hotel. Entrance will be allowed with accreditation card or on invitation only.

### **13. DEPARTURE**

Teams will be asked to provide full travel details on the entry form. Teams will also receive a departure form, which should be completed and returned to the LOC information Desk.

Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.



#### 14. CONTACT DETAILS

For further details about the Junior Match, please contact Mr. Antonis Georgallides, Director.

##### 14.1 LOC Office

International Junior Match, Nicosia, Cyprus

|                        |   |
|------------------------|---|
| Venue                  | National Stadium  |
| LOC President          | Antonios G. Dracos  |
| LOC General Secretary  | Periklis Markaris   |
| LOC Event Co-ordinator | Antonis Georgallides  |
| Contact Address LOC    | Cyprus Amateur Athletic Association<br>21 Amfipoleos Str.B-102-112,<br>2025 Strovolos, Nicosia, Cyprus<br>Tel: 00357 22 449825<br>Fax: 00357 22 449826<br>E-mail: <a href="mailto:koeas@cytanet.com.cy">koeas@cytanet.com.cy</a><br>Website: <a href="http://www.koeas.org.cy">www.koeas.org.cy</a> |

#### 15. APPENDICES

# GSP Athletic Centre Nicosia, Cyprus





## Multipurpose Venue

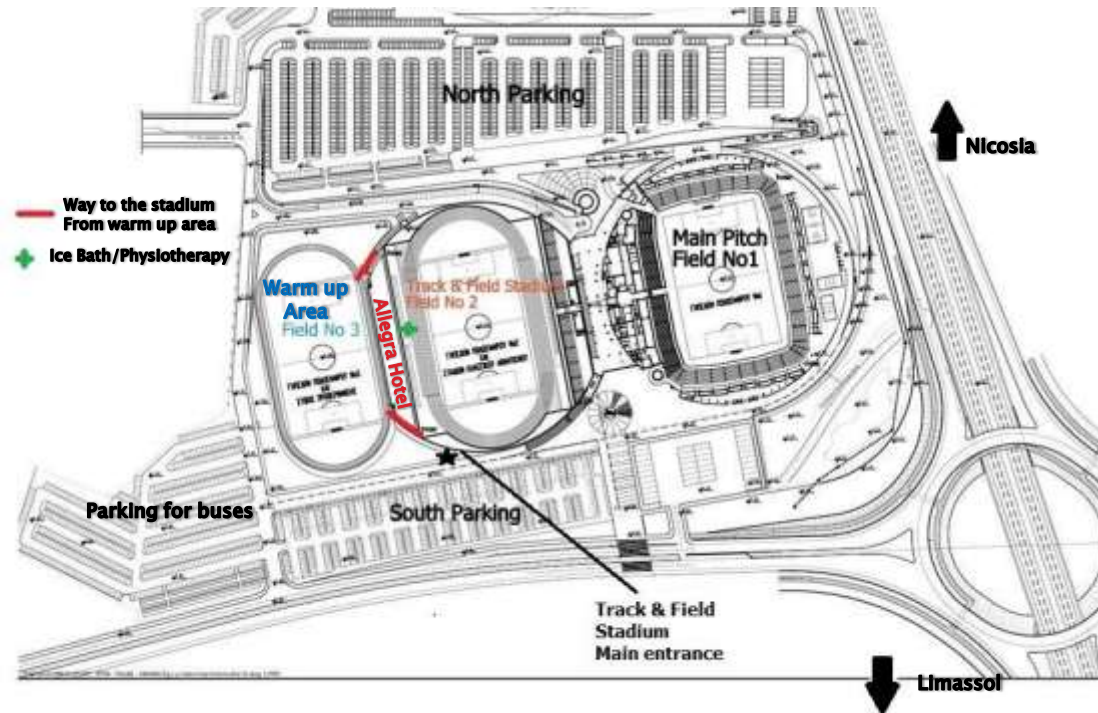
GSP Athletic Center offers you a choice of indoor and outdoor areas that can be used for several functions. The combination of the training fields and the Allegra hotel gives the possibility to any athlete, team or association, to organize their preparation to the best extent.

# Facilities

- ▶ Conference Centre (capacity up to 150, fully equipped, multi media)
- ▶ Restaurant
- ▶ Executive Boxes Lobby
- ▶ Cafeteria
- ▶ Conference Room(capacity up to 30, multi media, for meetings, small presentations, teaching)
- ▶ Football Stadium
- ▶ Stadium Square
- ▶ Allegra Sport Centre(accommodation)
- ▶ Training Fields
- ▶ Sport Dimensions (Performance & Rehabilitation Centre)
- ▶ Weights Room
- ▶ Ice bath & Sauna



# GSP Athletic Centre Map



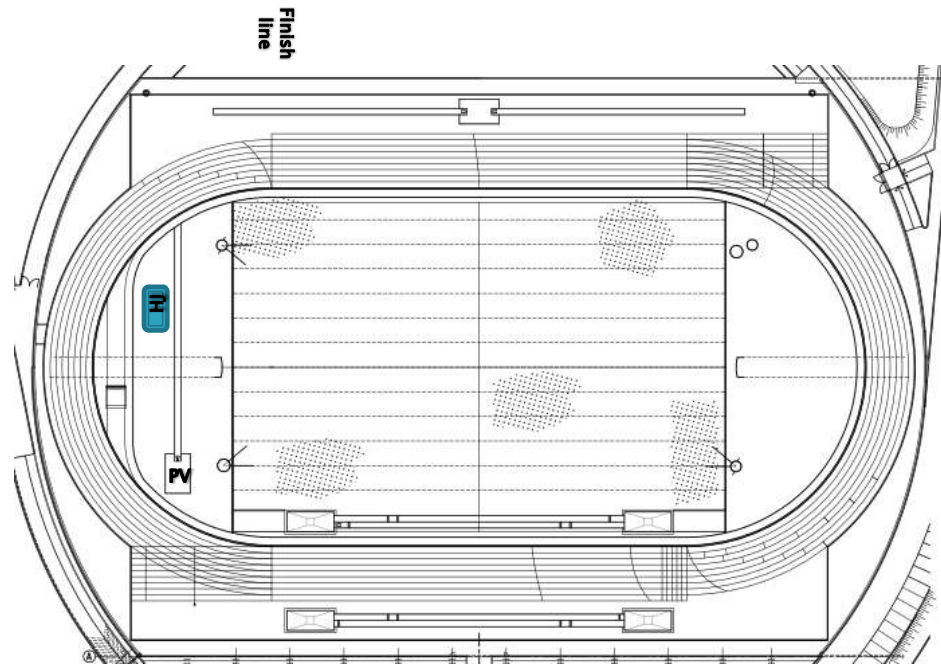
# Stadium

Track & Field  
Stadium(Training Field No.2)



- ▶ IAAF approved Class 1
- ▶ Pitch dimensions 90m x 60m
- ▶ Capacity :5200
- ▶ Floodlighting : 800 Lux
- ▶ Dressing Rooms
- ▶ Training equipment

# Competition Map



# Warm up Area

Training Field No.3



- ▶ Pitch Dimensions  
105mX68m
- ▶ Dressing Rooms
- ▶ Training equipment
- ▶ Throwing cage
- ▶ Shot put ring

Competition Time Table



| <b>TIME</b>  | <b>Junior-Men</b>    | <b>Junior -Women</b> |
|--------------|----------------------|----------------------|
| <b>16:00</b> | <b>Hammer Throw</b>  |                      |
|              |                      |                      |
| <b>16:20</b> | <b>Pole Vault</b>    | <b>100m (Extra)</b>  |
| <b>16:25</b> | <b>100m (Extra)</b>  | <b>Discus Throw</b>  |
| <b>17:00</b> |                      | <b>100 m</b>         |
| <b>17:10</b> | <b>100 m</b>         |                      |
| <b>17:20</b> | <b>Long Jump</b>     | <b>Shot Put</b>      |
| <b>17:25</b> |                      | <b>400m H</b>        |
| <b>17:30</b> | <b>Discus Throw</b>  | <b>High Jump</b>     |
| <b>17:40</b> | <b>400m H</b>        |                      |
| <b>18:15</b> |                      | <b>200 m</b>         |
| <b>18:25</b> | <b>200 m</b>         |                      |
| <b>18:35</b> |                      | <b>Javelin Throw</b> |
| <b>18:55</b> | <b>High Jump</b>     | <b>1,500 m</b>       |
| <b>19:05</b> | <b>1,500 m</b>       |                      |
| <b>19:15</b> | <b>Shot Put</b>      |                      |
| <b>19:20</b> |                      | <b>100 m H</b>       |
| <b>19:35</b> | <b>110 m H</b>       | <b>Long Jump</b>     |
| <b>19:45</b> | <b>Javelin Throw</b> |                      |
| <b>19:50</b> |                      | <b>400 m</b>         |
| <b>20:00</b> | <b>400 m</b>         |                      |
| <b>20:10</b> |                      | <b>3,000 m</b>       |
| <b>20:30</b> | <b>3,000 m</b>       |                      |
| <b>20:50</b> |                      | <b>4X100 m</b>       |
| <b>21:00</b> | <b>4X100 m</b>       |                      |
|              |                      |                      |

N