

Time Table

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