

Saturday	running	high jump 1	high jump 2	shot put	long jump
11:00	MU18 100m				
11:20	WU18 100mh				
11:30					MU18
11:45					11:35-12:05
12:00		WU18	WU18		
12:15	WU20 100mh	12:00-12:42			
12:30				MU18	
12:45	MU20 100m			12:35-13:05	
13:00		WU20	WU20		
13:20	Men 100m	13:00-13:45		WU18	MU20
13:30				13:20-13:45	13:20-13:50
13:45					
14:00	Women 100m	MU18	MU18		
14:15	14:10-14:25	14:05-14:50		WU20	Men
14:30				14:15-14:40	14:15-15:00
14:45	WU18 200m				
15:00				MU20	
15:15	WU20 200m	Women	Women	15:00-15:30	
15:30		15:15-16:10			
15:45	MU18 400m				
16:00				Men	
16:15				16:00-16:45	
16:30		MU20	MU20		
16:45		16:30-17:20			
17:00					
17:15				Women	
17:30				17:10-17:55	
17:45		Men	Men		
18:00	MU20 400m	17:40-18:35			
18:15					
18:30	Women 200m				
18:45					
19:05	Men 400m				
19:15					

Sunday	running	long jump	discus/javelin	pole vault 1	pole vault2
09:15	MU18 110mh				
09:30					
09:45					
10:00		WU18	MU18		
10:15		10:00-10:25	Discus		
10:30			10:00-10:36		
10:45					
11:00			WU18		
11:15	MU20 110mh		Javelin	MU18	
11:30			11:00-11:35	11:15-12:45	
11:45					
12:00	Men 110mh		MU20		
12:15			Discus		
12:30	WU18 800m		12:00-12:40		
12:45					
13:00		WU20	Men		
13:15		13:00-13:25	Discus	MU20	
13:30			13:00-13:45	13:10-14:45	
13:45					
14:00			WU20		
14:15			Javelin		
14:30			14:05-14:40		
14:45					
15:00			MU18		
15:15	WU20 800m	Women	Javelin	Men	
15:30		15:15-16:00	15:00-15:36	15:15-17:00	
15:45					
16:00			MU20		
16:15			Javelin		
16:30			16:00-16:40		
16:45	MU18 1500m				
17:00			Women		
17:15			Javelin		
17:30	MU20 1500m		17:00-17:45		
17:45					
18:00			Men		
18:15	Women 800m		Javelin		
18:30			18:05-18:50		
18:45					
19:20	Men 1500m				
19:30					