



# TIMETABLE

As of 6th June 2018

## Day1 AM

Start	Event	M	Phase
9:00	100m Dec	M	
9:40	10,000m R.Walk	W	F
9:45	Long Jump Dec	M	
10:20	Hammer Throw	W	F
11:10	400m	W	R1
11:10	Shot Put Dec	M	
11:20	10,000m R.Walk	W	MC
11:40	Hammer Throw	W	MC

## Day1 PM

Start	Event	M	Phase
14:30	Opening Ceremony		MC
15:30	100m	W	R1
15:30	Shot Put	W	F
15:40	High Jump Dec	M	
15:50	Hammer Throw	M	F
16:00	100m	M	R1
16:00	Pole Vault	M	F
16:30	Triple Jump	W	F
16:40	1500m	M	R1
17:05	Shot Put	W	MC
17:15	5000m	W	F
17:40	Hammer Throw	M	MC
17:55	400m	M	R1
18:15	400m Dec	M	
18:25	Triple Jump	W	MC
18:30	5000m	W	MC
18:35	Pole Vault	M	MC