

Competition Timetable for Thursday 9th February V.1

No.	EVENT	First Call Time	Call in Time	Call Out Time	Arrive at event site	Comp. Time	TV Time
1	4 X400	18:55	19:00	19:07	19:12		19:16
2	Men's 60m	19:12	19:17	19:23	19:25		19:28
2	Women's 60m	19:19	19:21	19:27	19:29		19:31
3	Women's Pole Vault (Final Round)	18:00	18:06	18:11	18:13	19:10	19:41 (Rd4 Start)
4	Men's 3-Minute Distance Challenge	19:40	19:47	19:53	19:55		19:58
4	Women's 3-Minute Distance Challenge	19:40	19:47	19:53	19:55		20:02
5	Mixed 2x300m Relay	19:55	20:02	20:08	20:10		20:13
6	Women's Long Jump (Final Round)	19:10	19:15	19:20	19:25	19:58	20:22 (Rd4 Start)
7	Women's Elimination Mile	20:15	20:21	20:27	20:30		20:34
7	Men's 100m	20:30	20:35	20:38	20:40		20:47
8	Women's 100m	20:34	20:38	20:41	20:44		20:51
9	Men's 110m Hurdles	20:30	20:40	20:43	20:45		20:57
9	Para – Men's 200m	20:49	20:54	20:58	21:00		21:04
10	Para – Women's 200m	20:53	20:58	21:02	21:04		21:07
11	Men's Javelin (Final Round)	19:50	20:00	20:10	20:15	20:55	21:11 (Rd4 Start)
10	Men's Elimination Mile	21:12	21:17	21:19	21:22		21:25
12	Mixed 4x100m Relay	21:15	21:23	21:27	21:31		21:34