

Competition Timetable for Saturday 11th February V.4

No.	EVENT	First Call Time	Call in Time	Out	Arrive	Comp. Time	Live TV Time
1	Pole Vault Women (outside pit)	18:00	18:06	18:11	18:13	19:10	19:41
							(Rd4 Start)
	Pole Vault Men (Inside pit)	18:00	18:06	18:11	18:13	19:10	19:41
	Javelin Pool B	18:25	18:30	18:35	18:38	19:15	
	Medley Relay (W200/M400/W600/M800)	18:55	19:00	19:07	19:12		19:17
	Long Jump Pool A (inside Pit)	19:10	19:15	19:20	19:25	19:56	20:29
							(Rd4 Start)
	Long Jump Pool B (outside pit)	19:10	19:15	19:20	19:25	19:52	
	Men's 60m	19:12	19:18	19:23	19:25		19:29
	Women's 60m	19:16	19:21	19:26	19:28		19:32
	Women's 3-Minute Distance Challenge	19:40	19:47	19:53	19:55		19:57
	Men's 3-Minute Distance Challenge	19:40	19:47	19:53	19:55		19:57
	Javelin Pool A	19:55	20:00	20:05	20:10	20:48	21:11
							(Rd4 Start)
	Mixed 2x300m Relay	19:55	20:02	20:08	20:10		20:13
	Women's Elimination Mile	20:06	20:11	20:15	20:17		20:21
	Women's 150m	20:30	20:35	20:39	20:41		20:45
	Men's 150m	20:34	20:39	20:43	20:45		20:49
	Mixed Hurdle Shuttle Relay HT 1	20:32	20:37	20:41	20:46		20:56
	Mixed Hurdle Shuttle Relay HT2	20:34	20:39	20:43	20:48		20:58
	Para – Men's 100m	20:51	20:56	21:00	21:02		21:05
	Para – Women's 100m	20:53	20:58	21:02	21:04		21:07
	Men's Elimination Mile	21:12	21:17	21:19	21:22		21:25
	Mixed 4x100m Relay	21:15	21:23	21:27	21:31		21:34