

TRACK

Ref.	Event Start Time	Event	Category	Report Time
T01	12:00	400H	400m Hurdles Men	11:45
T21	12:00	200H	200m Hurdles Women	11:45
T05	12:20	3000W	3000m Walks	12:05
T06	12:50	1500	1500m Mixed	12:35
T07	12:50	1500	1500m Mixed	12:35
T12	13:14	110H	110m Hurdles Men	12:59
T11	13:21	100H	100m Hurdles Men	13:06
T09	13:28	80H	80m Hurdles Mixed	13:13
T13	13:35	100	100m Women	13:20
T14	13:42	100	100m Men	13:27
T15	14:12	800	800m Men	13:57
T16	14:30	800	800m Women	14:15
T18	14:45	200	200m Women	14:30
T17	14:55	200	200m Men	14:40
T20	15:30	400	400m Women	15:15
T19	15:35	400	400m Men	15:20

FIELD

Event Code	Event Start Time	Event	Gender	Warm-up Start Time	Event End Time	Implement Weights
F01	10:00	Hammer Throw	Women	09:30	10:40	4Kg, 3Kg
F02	10:00	Long Jump	Men	09:30	10:32	
F03	11:05	Triple Jump	Men/Women	10:35	11:42	
F04	11:10	Hammer Throw	Men	10:40	11:46	7.26Kg, 6Kg, 5Kg, 4Kg, 3Kg
F05	12:15	Discus Throw	Women	11:50	12:48	1Kg
F06	12:20	Shot Put	Men	11:45	13:08	7.26Kg, 6Kg, 5Kg, 4Kg, 3Kg
F07	13:35	Discus Throw	Men	12:45	14:51	2Kg, 1.5Kg, 1Kg
F08	13:40	Shot Put	Women	13:10	14:17	
F09	14:45	High Jump	Men/Women	14:20	15:33	4Kg, 3Kg
F10	15:15	Javelin Throw	Women	14:55	15:38	600g, 500g
F11	15:30	Pole Vault	Men/Women	15:10	16:00	
F12	16:10	Javelin Throw	Men	15:35	17:00	800g, 700g, 600g, 500g, 400g
F13	16:30	Long Jump	Women	16:05	16:54	