

10. APPENDICES

Appendix 1 – Timetable

TIMETABLE

as on 28 September 2020

10:00	3000m SC	W	R1
10:00	Shot Put	M	QAB
10:40	100m H Hep	W	Heats
11:00	Hammer Throw	M	QA
11:10	100m	W	R1
11:40	100m	M	R1
11:40	High Jump Hep	W	AB
12:15	Hammer Throw	M	QB
12:20	400m	W	R1
12:50	400m	M	R1

10:05	110m H	M	R1
10:20	Hammer Throw	W	QA
10:30	Pole Vault	M	QAB
10:45	100m H	W	R1
10:50	High Jump	W	QAB
11:15	1500m	W	R1
11:35	Hammer Throw	W	QB
11:45	800m	M	R1
12:15	400m H	W	R1
12:45	Long Jump Hep	W	AB
12:50	400m H	M	R1

9:30	Discus Throw	M	QA
9:35	100m Dec	M	Heats
10:05	10,000m R.Walk	M	F
10:30	Long Jump Dec	M	AB
10:35	Shot Put	W	QAB
10:40	Discus Throw	M	QB
11:30	4 x 400m Relay	W	R1
11:50	Long Jump	W	QAB
11:55	4 x 400m Relay	M	R1
12:00	Shot Put Dec	M	AB
12:10	Javelin Throw	W	QA
13:20	Javelin Throw	W	QB

9:30	110m H Dec	M	Heats
10:25	Discus Throw Dec	M	A
10:30	4 x 100m Relay	W	R1
11:10	4 x 100m Relay	M	R1
11:25	Discus Throw Dec	M	B
13:30	Pole Vault Dec	M	A
13:30	Pole Vault Dec	M	B

15:25	High Jump	M	AB
15:30	Discus Throw	W	QA
15:35	800m	W	R1
16:00	1500m	M	R1
16:20	Shot Put Hep	W	AB
16:25	100m	W	SF
16:45	100m	M	SF
16:50	Discus Throw	W	QB
17:05	Long Jump	M	QAB
17:05	3000m	M	R1
17:40	400m	W	SF
17:50	Shot Put	M	F
17:55	400m	M	SF
18:10	200m Hep	W	Heats
18:20	Javelin Throw	M	QA
18:25	Pole Vault	W	QAB
18:35	3000m	W	R1
18:55	Triple Jump	W	QAB
19:20	10,000m R.Walk	W	F
19:30	Javelin Throw	M	QB

15:00	Javelin Throw Hep	W	A
16:00	100m H	W	SF
16:00	Javelin Throw Hep	W	B
16:10	10,000m R.Walk	W	VC
16:15	Triple Jump	W	F
16:25	110m H	M	SF
16:35	Shot Put	M	VC
16:50	800m	W	SF
17:10	100m	M	F
17:15	Discus Throw	W	F
17:20	100m	W	F
17:35	800m Hep	W	F
17:45	100m	M	VC
17:52	100m	W	VC
17:58	Long Jump	M	F
18:00	3000m SC	M	R1
18:27	Triple Jump	W	VC
18:35	400m	W	F
18:45	400m	M	F
18:48	Discus Throw	W	VC
18:55	5000m	M	F
19:05	Hammer Throw	M	F
19:20	200m	W	R1
19:45	200m	M	R1
19:46	400m	W	VC
19:53	400m	M	VC
20:00	Heptathlon	W	VC

14:48	5000m	M	VC
14:54	10,000m R.Walk	M	VC
15:00	400m H	W	SF
15:05	High Jump Dec	M	AB
15:05	Hammer Throw	W	F
15:20	400m H	M	SF
15:30	Pole Vault	W	F
15:40	200m	W	SF
16:00	200m	M	SF
16:20	800m	M	SF
16:40	Shot Put	W	F
16:45	100m H	W	F
16:50	Hammer Throw	M	VC
17:00	110m H	M	F
17:05	Long Jump	M	VC
17:15	800m	W	F
17:18	Hammer Throw	W	VC
17:30	3000m SC	W	F
17:35	High Jump	M	F
17:43	100m H	W	VC
17:55	200m	W	F
17:57	110m H	M	VC
18:05	200m	M	F
18:07	Pole Vault	M	VC
18:13	Javelin Throw	M	F
18:15	400m Dec	M	Heats
18:17	Shot Put	W	VC
18:23	800m	W	VC
18:30	3000m SC	W	VC
18:35	1500m	M	F
18:37	Triple Jump	M	QAB
18:46	3000m	W	F
18:56	200m	W	VC
19:00	200m	M	VC
19:05	3000m	M	F

14:40	Discus Throw	M	F
15:30	1500m	M	VC
15:35	High Jump	W	F
15:38	Javelin Throw	M	VC
15:43	High Jump	M	VC
15:48	3000m	W	VC
15:55	Triple Jump	M	F
16:00	400m H	W	F
16:04	3000m	M	VC
16:10	400m H	M	F
16:20	Javelin Throw Dec	M	A
16:25	800m	M	F
16:32	400m H	W	VC
16:40	4 x 100m Relay	W	F
16:42	400m H	M	VC
16:50	4 x 100m Relay	M	F
16:57	800m	M	VC
17:05	1500m	W	F
17:10	Pole Vault	M	F
17:12	Discus Throw	M	VC
17:20	Javelin Throw Dec	M	B
17:20	3000m SC	M	F
17:31	4 x 100m Relay	W	VC
17:40	5000m	W	F
17:50	Long Jump	W	F
18:00	4 x 100m Relay	M	VC
18:15	High Jump	W	VC
18:25	1500m Dec	M	F
18:30	Javelin Throw	W	F
18:33	Triple Jump	W	VC
18:41	1500m	W	VC
18:48	3000m SC	M	VC
19:00	4 x 400m Relay	W	F
19:06	5000m	W	VC
19:12	Decathlon	M	VC
19:20	4 x 400m Relay	M	F
19:26	Pole Vault	W	VC
19:32	Long Jump	W	VC
19:38	Javelin Throw	W	VC
19:44	4 x 400m Relay	W	VC
19:54	4 x 400m Relay	M	VC