

TIME	U16 BOYS		U16 GIRLS		U19 BOYS		U19 GIRLS	
	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD
11:00		Long jump A (H1)						
		Discus						
				Shotput (A&B)				
						Javelin		
								Triple jump B
11:15	1500m							
11:30			1500m					
11:45					1500m			
12:00							1500M	
12:20					400mH			
12:30		Long jump A (H2)						
				High jump (A&B)				
				Discus				
						Triple jump B		
								Shotput A
12:31	400mH							
12:41							400mH	
12:47			400mH					
13:00			200m					
13:15	200m							
13:30							200m	
13:40					200m			
13:55							800m	
14:00		Javelin						
		High jump (A&B)						
				Long jump B (H1)				
						Shotput (A&B)		
								Long jump A
14:05					800m			
14:15			800m					
14:25	800m							
14:40					110mH			
14:50	110mH							
15:05							100mH	
15:13			100mH					
15:25				Long jump B (H2)				
						Long jump A		
						Discus		
								Javelin
								High jump A
15:30			100m					
15:45	100m							
16:00							100m	
16:15					100m			
16:35			400m					
16:45	400m							
16:55							400m	
17:05					400m			
TIME	U16 BOYS		U16 GIRLS		U19 BOYS		U19 GIRLS	
	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD

Yellow header bar								
18:00		Shotput (A&B)						
				Triple jump B				
						High jump A		
								Discus
		Triple jump A						
				Javelin				
18:00			400m					
18:08	400m							
18:16							400m	
18:24					400m			
18:32							200m	
18:40					200m			
18:48			200m					
18:56	200m							
19:08			800m					
19:13	800m							
19:18							800m	
19:23					800m			
19:28			100m					
19:36	100m							
19:44							100m	
19:52					100m			