

TIME TABLE - ATHLETICS

FIRST DAY

Men	JUNIOR M		Women	JUNIOR W
HT		17:00	100m H	
		17:10		100m H
110m H		17:25	HJ	TJ HJ
	110m H	17:35		
		17:50	100 m	
	100m	18:00		
		18:10		
		18:20	100m	
SP PV	SP PV	18:30		100m
100m		18:40	DT	DT
	100m F	18:50		
		19:00		400m
400		19:05		
	400 (A+B)	19:10		
		19:35	1500m	
		19:50		1500m
1500		20:05		
	1500	20:20	JT	JT
5000m	TJ	20:40		
5000m		21:10		
		21:40	4*100	4*100
4*100	4*100	21:50		

SPACIAL OLYMPICS

SECOND DAY

Men	JUNIOR M		Women	JUNIOR W
	DT	17:00	LJ	LJ
		17:30	200m	
		17:40		200m (A+B)
200m		18:00		
	200 (A+B)	18:10		
HJ	HJ	18:30		800
800m		18:40		
	800m	18:50	PV	PV
LJ / JT	LJ / JT	19:00		
		19:05	3000m	
		19:15	SP	SP
		19:30		3000m
	3000m	20:00		
		20:30	4*400	4*400
4*400	4*400	20:45		

Remarks:

- If there are more than 8 competitors in a sprint event (other than the 100m) there will be an A and B heats (A being the strongest heat).
- Qualification for 100m U20 will be as follow:
 - The 3 winners from each hear (Q)
 - The next 2 fastest time (q)
- In Horizontal Jumps and throw events after 3 attempts, the top 8 athletes will continue with 3 more attempts.
- Relays (4X100M, 4X400M) will compete Open & U20 together but placing will be separate in each category.
- Starting height and bar raising for vertical jumps (High Jump & Pole Vault) will be published in the technical meeting, according to the field of participants.
- All Weights and heights shell be Senior (for Open) and U20 (for Junior) as set by World Athletics