

IAAF CONTINENTAL CUP
Marrakech, MAR
13-14 September 2014

Timetable

DAY 1 - Saturday 13 September		
18:30	Hammer Throw	M
18:40	Pole Vault	W
18:50	Triple Jump	W
19:00	400m H	M
19:15	400m H	W
19:30	5000m	M
19:35	Shot Put	M
19:50	Discus Throw	W
19:55	800m	W
20:10	400m	W
20:15	High Jump	M
20:25	400m	M
20:40	100m	W
20:45	Long Jump	M
20:50	100m	M
21:00	1500m	M
21:10	Javelin Throw	W
21:20	3000m	W
21:40	4x100m R	W
21:55	4x100m R	M

DAY 2 - Sunday 14 September		
17:30	Hammer Throw	W
17:40	Pole Vault	M
17:45	Triple Jump	M
17:50	3000m SC	W
18:15	3000m SC	M
18:30	Shot Put	W
18:35	100m H	W
18:45	110m H	M
18:50	Discus Throw	M
19:00	1500m	W
19:10	High Jump	W
19:15	3000m	M
19:35	200m	W
19:40	Long Jump	W
19:45	200m	M
20:00	5000m	W
20:10	Javelin Throw	M
20:30	800m	M
20:40	4x400m R	W
20:55	4x400m R	M