

**IAAF / VTB BANK CONTINENTAL CUP
SPLIT, CRO – 4, 5 SEPTEMBER 2010
TIMETABLE**

Saturday 4 September

Opening Ceremony

17:00	Hammer Throw	Men
17:10	Pole Vault	Women
17:20	Triple Jump	Women
17:30	400m Hurdles	Men
17:50	400m Hurdles	Women
18:05	5000m	Men
18:15	Discus Throw	Women
18:30	800m	Women
18:40	High Jump	Men
18:45	400m	Women
18:55	400m	Men
19:05	Long Jump	Men
19:10	100m	Women
19:20	100m	Men
19:30	Shot Put	Men
19:35	1500m	Men
19:40	Javelin Throw	Women
19:50	3000m	Women
20:10	4 x 100m	Women
20:25	4 x 100m	Men

Sunday 5 September

17:00	Hammer Throw	Women
17:10	Pole Vault	Men
17:20	Triple Jump	Men
17:25	3000m Steeplechase	Women
17:45	3000m Steeplechase	Men
18:05	100m Hurdles	Women
18:10	Discus Throw	Men
18:15	110m Hurdles	Men
18:30	1500m	Women
18:40	High Jump	Women
18:45	3000m	Men
19:00	Long Jump	Women
19:05	200m	Women
19:15	200m	Men
19:25	Shot Put	Women
19:30	5000m	Women
19:35	Javelin Throw	Men
20:00	800m	Men
20:10	4 x 400m	Women
20:25	4 x 400m	Men
20:40	<i>Presentation of the IAAF Continental Cup</i>	