



7-9 March 2014

TIMETABLE

DAY 1 - Friday, Morning				DAY 2 - Saturday, Morning				DAY 3 - Sunday, Morning			
10:00	High Jump	W	Q	10:00	60m H Hep	M					
10:05	400m	W	R1	10:05	Triple Jump	M	Q				
10:15	Shot Put	M	Q	10:10	60m H	M	R1				
10:45	400m	M	R1	10:15	Shot Put	W	Q				
11:00	Triple Jump	W	Q	10:40	60m	W	R1				
11:25	3000m	W	R1	11:00	Pole Vault Hep	M					
12:00	60m H Pen	W		11:50	4 x 400m Relay	M	R1				
12:10	60m Hep	M		12:05	High Jump	M	Q				
12:25	1500m	M	R1	12:15	Long Jump	W	Q				
12:35	High Jump Pen	W		12:20	4 x 400m Relay	W	R1				
13:00	800m	W	R1								
13:05	Long Jump Hep	M									
13:30	800m	M	R1								
14:15	Shot Put Pen	W									

DAY 1 - Friday, Afternoon				DAY 2 - Saturday, Afternoon				DAY 3 - Sunday, Afternoon			
17:15	Opening Ceremony		MC	18:00	Pole Vault	M	Final	14:50	Pole Vault	M	MC
18:00	Long Jump Pen	W		18:05	Triple Jump	W	Final	15:00	Pole Vault	W	Final
18:05	60m H	W	R1	18:10	60m H	W	SF	15:05	Long Jump	W	Final
18:30	Shot Put Hep	M		18:30	60m	M	SF	15:15	60m	W	SF
18:35	60m	M	R1	18:50	Shot Put	W	Final	15:33	High Jump	W	MC
19:20	Long Jump	M	Q	19:00	1500m	W	Final	15:45	60m H	M	SF
19:35	1500m	W	R1	19:15	High Jump	W	Final	15:56	Long Jump	M	MC
19:55	High Jump Hep	M		19:20	1000m Hep	M		16:10	3000m	M	Final
20:05	Shot Put	M	Final	19:30	1500m	W	MC	16:20	60m H	W	MC
20:10	800m Pen	W		19:40	400m	W	Final	16:30	High Jump	M	Final
20:25	3000m	M	R1	19:43	Triple Jump	W	MC	16:35	800m	W	Final
20:55	400m	W	SF	19:50	Long Jump	M	Final	16:40	60m	M	MC
21:13	Pentathlon	W	MC	20:00	1500m	M	Final	16:50	3000m	W	Final
21:25	400m	M	SF	20:08	Heptathlon	M	MC	17:00	Long Jump	W	MC
21:42	Shot Put	M	MC	20:20	Shot Put	W	MC	17:10	Triple Jump	M	Final
				20:30	400m	M	Final	17:20	800m	M	Final
				20:34	400m	W	MC	17:25	3000m	M	MC
				20:45	60m H	W	Final	17:30	800m	W	MC
				20:48	1500m	M	MC	17:45	4 x 400m Relay	W	Final
				21:00	60m	M	Final	17:53	3000m	W	MC
				21:02	400m	M	MC	18:05	60m	W	Final
								18:09	800m	M	MC
								18:20	60m H	M	Final
								18:24	Pole Vault	W	MC
								18:30	High Jump	M	MC
								18:40	4 x 400m Relay	M	Final
								18:45	60m	W	MC
								18:49	Triple Jump	M	MC
								18:53	60m H	M	MC
									4 x 400m	W	MC
									4 x 400m	M	MC



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ENTRY STANDARDS

MEN		Events	WOMEN	
2014 Proposal			2014 Proposal	
Indoor	Outdoor		Indoor	Outdoor
6.65	10.15 (100m)	60m	7.32	11.20 (100m)
46.80	45.10	400m	53.15	51.20
1:47.00	1:44.00	800m	2:03.00	1:59.00
3:41.00 / 3:58.00 (Mile)	3:34.00	1500m	4:14.00 / 4:31.00 (Mile)	4:03.50
7:52.00	7:42.00 / 13:15.00 (5000m)	3000m	9:02.00	8:38.00 / 15:00.00 (5000m)
No Standard		4x400 Relay	No Standard	
7.74	13.50 (110mH)	60m Hurdles	8.16	12.90 (100mH)
2.30		High Jump	1.94	
5.75		Pole Vault	4.71	
8.16		Long Jump	6.70	
17.00		Triple Jump	14.25	
20.30		Shot Put	17.80	