

DAY 1 - Tuesday Morning, 10 July	DAY 2 - Wednesday Morning, 11 July	DAY 3 - Thursday Morning, 12 July	DAY 4 - Friday Morning, 13 July	DAY 5 - Saturday Morning, 14 July	DAY 6 - Sunday Morning 15 July
9:00 Javelin Throw W QA	9:00 110m H Dec M	9:30 100m H Hep W	9:30 Javelin Throw M QA	9:30 Discus Throw M QA	
9:05 100m Dec M	9:30 110m H M R1	9:40 Hammer Throw W QA	9:35 100m H W R1	9:35 10,000m R.Walk W F	
9:10 Shot Put M QA	9:50 Discus Throw Dec M A	10:00 3000m SC M R1	10:00 Long Jump Hep W AB	10:00 Triple Jump W QAB	
9:30 3000m SC W R1	10:15 Shot Put W QA	10:18 Long Jump W QAB	10:25 800m M R1	<i>10:30 10,000m R.Walk</i> <i>W MC</i>	
9:50 Long Jump Dec M AB	10:30 400m H W R1	10:30 High Jump Hep W AB	10:45 Javelin Throw M QB	10:40 High Jump M F	
10:05 1500m M R1	11:00 Discus Throw Dec M B	10:35 400m H M R1	11:20 1500m W R1	10:45 10,000m R.Walk M F	
10:20 Javelin Throw W QB	11:20 400m M R1	10:55 Hammer Throw W QB	11:40 High Jump W QAB	10:50 Discus Throw M QB	
10:24 Shot Put M QB	11:30 Shot Put W QB	11:30 200m M R1	12:00 200m W R1	<i>11:40 10,000m R.Walk</i> <i>M MC</i>	
10:40 800m W R1	12:20 Hammer Throw M QA		12:10 Javelin Throw Hep W A	11:50 4 x 400m Relay W R1	
11:20 Long Jump M QAB	12:27 100m W R1		13:20 Javelin Throw Hep W B	12:15 4 x 400m Relay M R1	
11:30 100m M R1	12:40 Pole Vault Dec M AB				
11:45 Shot Put Dec M AB	13:40 Hammer Throw M QB				
DAY 1 - Tuesday Evening 10 July	DAY 2 - Wednesday Evening 11 July	DAY 3 - Thursday Evening 12 July	DAY 4 - Friday Evening 13 July	DAY 5 - Saturday Afternoon 14 July	DAY 6 - Sunday Afternoon 15 July
16:00 High Jump Dec M AB	<i>16:15 Shot Put</i> <i>M MC</i>	<i>17:40 Decathlon</i> <i>M MC</i>	<i>17:40 Pole Vault</i> <i>W MC</i>	<i>14:40 3000m SC</i> <i>W MC</i>	<i>13:05 Pole Vault</i> <i>M MC</i>
16:15 Pole Vault W QAB	<i>16:20 10,000m</i> <i>M MC</i>	<i>17:45 Javelin Throw</i> <i>W MC</i>	<i>17:45 800m</i> <i>W MC</i>	<i>14:45 200m</i> <i>M MC</i>	<i>13:10 Javelin Throw</i> <i>M MC</i>
16:45 Discus Throw W QA	16:30 Javelin Throw Dec M A	<i>17:50 100m</i> <i>M MC</i>	<i>17:50 110m H</i> <i>M MC</i>	<i>14:50 High Jump</i> <i>M MC</i>	<i>13:15 4 x 100m Relay</i> <i>W MC</i>
16:50 400m W R1	16:40 110m H M SF	18:00 100m W SF	18:00 Triple Jump M QAB	15:00 Hammer Throw W F	<i>13:20 4 x 100m Relay</i> <i>M MC</i>
17:40 5000m W F	17:00 Pole Vault M QAB	18:05 Shot Put Hep W AB	18:05 4 x 100m Relay W R1	15:05 Pole Vault M F	13:30 High Jump W F
18:05 Discus Throw W QB	17:13 800m W SF	18:20 Pole Vault W F	18:30 4 x 100m Relay M R1	15:10 100m H W SF	13:35 100m H W F
18:10 Shot Put M F	17:19 Shot Put W F	18:25 200m M SF	18:52 Hammer Throw M F	15:35 800m M SF	13:40 Discus Throw M F
18:15 400m Dec M	17:40 Javelin Throw Dec M B	18:50 400m H W SF	18:55 800m Hep W F	16:14 Triple Jump M F	13:45 3000m SC M F
<i>18:35 5000m</i> <i>W MC</i>	17:50 100m M SF	19:15 200m Hep W	<i>19:15 100m</i> <i>W MC</i>	16:20 200m W F	14:00 Triple Jump W F
18:50 10,000m M F	17:55 Long Jump M F	19:20 High Jump M AB	19:28 400m H M SF	16:35 5000m M F	<i>14:05 100m H</i> <i>W MC</i>
	18:25 400m W SF	19:35 Discus Throw W F	19:43 Long Jump W F	16:40 Javelin Throw M F	14:15 1500m W F
	18:50 Javelin Throw W F	19:40 400m M SF	20:02 200m W SF	<i>16:52 Hammer Throw</i> <i>W MC</i>	<i>14:25 3000m SC</i> <i>M MC</i>
	18:55 3000m W F	20:10 400m W F	<i>20:16 Heptathlon</i> <i>W MC</i>	<i>16:57 200m</i> <i>W MC</i>	14:34 800m M F
	<i>19:07 Shot Put</i> <i>W MC</i>	20:25 1500m M F	20:26 400m H W F	17:07 400m H M F	<i>14:49 1500m</i> <i>W MC</i>
	19:25 1500m Dec M F	20:48 800m W F	20:35 400m M F	17:19 4 x 100m Relay W F	14:58 4 x 400m Relay W F
	<i>19:45 3000m</i> <i>W MC</i>	<i>20:52 400m</i> <i>W MC</i>	<i>20:37 Hammer Throw</i> <i>M MC</i>	<i>17:22 5000m</i> <i>M MC</i>	<i>15:05 800m</i> <i>M MC</i>
	20:05 100m M F	21:02 110m H M F	20:45 3000m SC W F	<i>17:46 400m H</i> <i>M MC</i>	15:28 4 x 400m Relay M F
	<i>20:09 Long Jump</i> <i>M MC</i>	<i>21:05 1500m</i> <i>M MC</i>	<i>21:06 400m</i> <i>M MC</i>	17:55 4 x 100m Relay M F	<i>15:34 Discus Throw</i> <i>M MC</i>
		21:15 100m W F	<i>21:11 400m H</i> <i>W MC</i>	<i>17:58 Triple Jump</i> <i>M MC</i>	<i>15:39 High Jump</i> <i>W MC</i>
		<i>21:18 Discus Throw</i> <i>M MC</i>	21:20 200m M F		<i>15:44 Triple Jump</i> <i>W MC</i>
			<i>21:23 Long Jump</i> <i>W MC</i>		<i>15:49 4 x 400m Relay</i> <i>W MC</i>
					<i>15:55 4 x 400m Relay</i> <i>M MC</i>