

Version 24 June 2018

AT day 1	Monday 08 th July 2019	Morning session
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Time				Estimate Entries	heats/group	Location / Estimated end
09.00	400m	W	R 1	35	5 h @ 6'	Track 9:30
09.10	Discus	W	Q	10	A	1 st curve 09:50
09.30	400m	M	R 1	54	7 h @ 6'	Track 10:12
10.00	Shot Put	M	Q	24	A + B	2 nd curve 10:36
10.20	100m	M	Q R *)	35	5 h @ 6'	Track 10:50
10.25	Discus	W	Q	10	B	1 st curve 11:10
10.35	Triple Jump	M	Q	32	A + B	Home straight 11:23
11.00	100m	W	R 1	54	7 h @ 6'	Track 11:42
12.00	Hammer	M	Q	8	A	1 st curve 12:30
13.00	Hammer	M	Q	8	B	1 st curve 13:30

*) see time table principles

AT day 1	Monday 08 th July 2019	Evening session
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Time				Estimate Entries	heats/group	Location / Estimated end
17.30	400m H	W	R 1	23	4 h @ 7'	Track, 17:58 *)
17.40	Javelin	W	Q	10	A	2 nd curve, 18:10
18.00	800m	W	R 1	30	4 h @ 7'	Track, 18:28
18.35	100m	M	R 1	56	7 h @ 6'	Track, 19:17
18.40	Javelin	W	Q	10	B	2 nd curve, 19:10
18.45	High Jump	M	Q	30	A + B	1 st curve, 20:15
19.15	Long Jump	W	Q	30	A + B	Home straight, 20:11
19.20	Shot Put	M	Final	12		2 nd curve, 20:20
19.25	1500m	M	R1	38	3 h @ 7'	Track, 19:50
20.00	10.000m	W	Final	22		Track, 20:40
20.45	VC Shot Put	M	VC Nr. 1			

Day 1 has 2 finals

day 2	Tuesday 09th July 2019	Morning session
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Time				Location / Estimated end
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09.00	Javelin	M	Q	1 st curve, 09:45
09.10	100m	M	Dec 1	Track, 9:28
09.20	Pole Vault	W	Q	2 nd curve, 11:00
10.00	Long Jump	M	Dec 2	Home straight, 10.30
10.30	400m Hurdles	M	R 1	Track, 10:58
10.45	Javelin	M	Q	1st curve, 11:34
11.25	3.000m SC	M	R 1	Track, 11:55
11.50	Shot Put	M	Dec 3	2 nd curve, 12:20
12.00	3.000m SC	W	R 1	Track, 12:30

AT day 2	Tuesday 09th July 2019	Evening session
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Time				Location / Estimated end
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17.30	Hammer	M	Final		1 st curve, 18.40
18.00 *)	400 Hurdles	W	SF		Track, 18:21
18:20	High Jump	M	Dec 4		1 st curve, 19.50
18.30	400m	W	SF		Track, 18:51
18.40	Long Jump	W	Final		Home straight, 19:40
18.52	VC 10.000m **)	W	VC Nr. 2		
19.00	100m	W	SF		Track, 19:18
19.18	VC Hammer	M	VC Nr. 3		
19.25	100m	M	SF		Track, 19:43
19.50	400m	M	SF		Track, 20:08
20.00	Discus	W	Final		1 st curve, 21.00
20.10	800m	W	SF		Track, 20:24
20.30	100m	W	Final		Track, 20:36
20.40	100m	M	Final		Track, 20:46
20.50	10.000m	M	Final		Track, 21:25
21.30	VC 100m	W	VC Nr. 4		
21.35	VC 100m	M	VC Nr. 5		
21.45	400m	M	Dec 5	h 1/3	Track, 21:51
21:52	VC Discus Throw	W	VC Nr. 6		
21.57	400m	M	Dec 5	h 2/3	Track, 22:03
22.04	VC Long Jump	W	VC Nr. 7		
22.09	400m	M	Dec 5	h 3/3	Track, 22:15
22.15	VC 10.000m	M	VC Nr. 8		

Remark:

***) may be dropped if entry figures in 1 R are too low**

*****) from previous evening VC for 10.000m W**

Day 2 has 6 finals

AT day 3	Wednesday 10th July 2019	Morning session
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Time					Location / Estimated end
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09.00	110m Hurdles	M	Dec 6		Track, 9:18
09.20	Triple Jump	W	Q	A+B	Home straight, 09.56
09.30	100m Hurdles	W	R 1		Track, 09.58
09.40	Pole Vault	M	Q	A+B	2 nd curve, 11:20
09.50	Discus	M	Dec 7	A	1 st curve, 10:18
10.15	200m	W	R 1		Track, 10.51
10.50	Discus	M	Dec 7	B	1 st curve, 11:18
11:00	200m	M	R 1		Track, 12:00
12:00	Pole Vault	M	Dec 8	A+B	2 nd curve, 13:30
12:00	Hammer	W	Q	A	1 st curve, 12:30
13:00	Hammer	W	Q	A	1 st curve, 13:30

AT day 3	Wednesday 10th July 2019	Evening session
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Time					Location / Estimated end
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18.00	400m Hurdles	M	SF		Track, 18:14
18.10	Javelin	M	Dec 9	A	2 nd curve, 18:40
18.30	400m Hurdles	W	Final		Track, 18:37
18.50	High jump	M	Final		1 st curve, 20,10
19.00	1,500m	M	Final		Track, 19:07
19.05	Triple jump	M	Final		Home straight, 20:10
19.10	Javelin	M	Dec 9	B	2 nd curve, 19:40
19.15	400m	W	Final		Track, 19:21
19:30	800m	W	Final		Track, 19:37
19:37	VC 400m H	W	VC Nr. 9		
19.42	VC 1500 m	M	VC Nr. 10		
19.50	400m	M	Final		Track, 19:56
20.00	VC 800m	W	VC Nr. 11		
20.05	VC 400m	W	VC Nr. 12		
20:10	Javelin	W	Final		2 nd curve, 21:10
20.25	VC 400m	M	VC Nr. 13		
20:30	1.500m	M	Dec 10	2 h	Track, 20:35 / 20:45
20.47	VC High Jump	M	VC Nr. 14		
20.53	VC Triple Jump	M	VC Nr. 15		
21.00	5.000m *)	W	R 1	h 1/2	Track, 21:20
21.20	VC Decathlon	M	VC Nr. 16		
21.25	5.000m *)	W	R 1	h 2/2	Track, 21:45
21:45	VC Javelin	W	VC Nr. 17		

Remarks:

***) only one group if entry figures are too low**

***) only one heat if entry figures are too low.**

Day 3 has 9 finals

AT day 4	Thursday 11th July 2019	Morning session
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Time				Location / Estimated end
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10.00	Shot Put	W	Q A + B	2 nd curve, 10.30
10.05	100m Hurdles	W	Hep 1	Track, 10.26
10.15	Discus	M	Q A	1 st curve, 10.55
10:35	1.500m	W	R 1	Track, 10.55
11.00	High Jump	W	Hep 2 A + B	2 nd curve, 11;54
11.00	800m	M	R 1	Track, 11.42
11.30	Discus	M	Q B	1 st curve, 12.12

AT day 4	Thursday 11th July 2019	Evening session
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Time					Location / Estimated end
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16.00	Shot Put	W	Hep 3 A+B		2 nd curve, 17:00
16.30	110m Hurdles	M	R1		Track, 16.58
16.15	VC Javelin *)	W	VC Nr. 17		*) VC from previous day
17.40	Pole Vault	W	Final		2 nd curve, 19:30
17.20	200m	M	SF		Track, 17:38
18.10	200m	M	SF		Track, 18:28
18:50	Javelin	M	Final		1 st curve, 20:00
18.35	100m Hurdles	W	SF		Track, 18:56
19.10	400m Hurdles	M	Final		Track, 19:15
19.25	200m	W	Hep 4		Track, 19:43
19:45	VC 400m Hurdles	M	VC Nr. 18		
20:00	200m	W	Final		Track, 20.05
20.10	200m	M	Final		Track, 20:15
20:10	Shot put	W	Final		2 nd curve, 21:10
20.30	100m Hurdles	W	Final		Track, 20:37
20.37	VC Pole Vault	W	VC Nr. 19		
20.42	VC Javelin	M	VC Nr. 20		
20.50	3000m SC	W	Final		Track, 21:05
21.05	VC 200m	W	VC Nr. 21		
21:10	VC 200m	M	VC Nr. 22		
21.15	VC 100 Hurdles	W	VC Nr. 23		
21.20	5.000m	M	Round 1	Heat 1	Track, 21:40
21.40	VC 3000m SC	W	VC Nr. 24		
21.45	5.000m	M	Round 1	Heat	Track, 22:00
22.00	VC Shot Put	W	VC Nr. 25		

Remarks:

***) in the case that the second heat of the 5000m w 1R on day 3 is cancelled**

Day 4 has 8 finals

AT day 5	Friday 12th July 2019	Morning session
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Road Events *)

Time				Location / Estimated end
07.00	20 km R-Walk	W	Final *)	1 st finisher 8:39 – last 9.14
09.00	20 km R-Walk	M	Final *)	1 st finisher 10:27 – last 10:46
09.10	Flower Ceremony	W*)		*) 9.25
10.40	Flower Ceremony	M*)		*) 10.55
10.50	Charles Wenden race	M**)		*) 3 Laps = 3km

*) Start / Finish/ Flower Ceremony at **Tbd**

**) Charles Wenden Memorial (Fun and health race for team officials, OC staff, media) **at race walk course**.....

Stadium Events:

Time				Location / Estimated end
10:00	Long Jump	W	Hep 5 A+B	Home straight, 10:30
11:00	4 x 100m	W	R 1 2 h	Track, 11:15
11:05	Javelin	W	Hep 6 A*)	1 st curve, 11:30
11.15	Long Jump	M	Q A + B	Home straight, 12:15
11:30	4 x 100m	M	R 1	Track, 11:54
12 :00	Javelin	W	Hep 6 B*)	1 st curve, 12:30

Remark:

*) or only one group if entry figures are too low

AT day 5	Friday 12th July 2019	Evening session
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Time				Location/ Estimated end
17.50	VC 20 km Walk	W	VC Nr. 26	
17.55	VC 20 km Walk	W team	VC Nr. 27	
16.45	110m Hurdles	M	SF	Track, 17.05
18.00	Pole Vault	M	Final	2 nd curve, 19:30
18.00	110m Hurdles	M	Final	Track, 18.05
18:05	Hammer	W	Final	1 st curve, 19:05
18:20	VC 20 km Walk	M	VC Nr. 28	
18.25	Triple Jump	W	Final	Home straight, 19:30
18.30	800m	M	SF	Track, 18 :51
19:00	3.000m Steeple	M	Final	Track, 19:15
19:40	VC 20 km Walk	M team	VC Nr. 29	
19:45	VC Hammer T	W	VC Nr. 30	

19:50	5.000m	W	Final			Track, 20:10
20:10	VC Triple Jump	W	VC Nr. 31			
20:15	VC 3000m SC	M	VC Nr. 32			
20:20	VC Pole Vault	M	VC Nr. 33			
20:25	4 x 400m	W	R 1 2h			Track, 20:40
20:40	VC 110m	M	VC Nr. 34			
20:45	800m	W	Hep 7 2h			Track, 21.00
21:00	VC 5000m	W	VC Nr. 35			
21:10	4 x 400m	M	R 1 Heat			Track, 21:25
21:25	4 x 400m	M	R 1 Heat			Track, 21:30
21:30	VC Heptathlon	W	VC Nr. 36			

Remarks:

**Difficult to predict the 4x400m Relay entries;
Therefore, perhaps additional heat needed at 21.35**

Day 5 has 9 finals

AT day 6	Saturday 13th July 2019	Morning session
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Road events *) start/finish tbd

Time				EstimateEntries	Location / Estimated end
07.00	½ Marathon	W	Final		1 st finisher 8:13–last finisher 8.38
07.20	½ Marathon	M	Final		1st finisher 8:26-last finisher 8.50
8.50	Flower ceremony	W/M			Finish area

AT day 6	Saturday 13th July 2019	Evening session
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Time					Location / Estimated end
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17.50	VC ½ Marathon	W	VC Nr. 37		
17.55	VC ½ Marathon	W team	VC Nr. 38		
18.00	High Jump	W	Final		1 st curve, 19:24
18.05	VC ½ Marathon	M	VC Nr. 39		
18.10	VC ½ Marathon	M team	VC Nr. 40		
18:15	4 x 100m	W	Final		Track, 18:23
18.25	Discus	M	Final		1 st curve, 19:25
18.30	800m	M	Final		Track, 18:37
18:40	4 x 100m	M	Final		Track, 18:47
18.50	1.500m	W	Final		Track, 18:57
19.00	Long Jump	M	Final		Home straight, 20.00
19.10	VC 800m	M	VC Nr. 41		
19.20	VC 4x100m	W	VC Nr. 42		
19.30	4 x 400m	W	Final		Track, 19:40
19.40	5.000m	M	Final		Track, 20:00
20.00	VC 4x100m	M	VC Nr. 43		
20.05	VC 1500m	W	VC Nr. 44		
20.10	VC High Jump	W	VC Nr. 45		
20.15	4 x 400m	M	Final		Track, 20:25
20.25	VC 4x400m	W	VC Nr. 46		
20.30	VC Discus Throw	M	VC Nr. 47		
20.35	VC 5000 m	M	VC Nr. 48		
21:00	VC Long Jump	M	VC Nr. 49		
21.05	VC 4x400m	M	VC Nr. 50		

Remarks:

Day 6 has 12 finals