

Preliminary Timetable - Date 19-March-2024

Time	Men	Women	MY U20	WY U20	MYU18	WYU18	MYU16	WYU16	
10:00	110mH					High Jump ⁺	Shot put ⁺	Discus ⁺	
10:05			110mH				Javelin ⁺	Long Jump 3 ⁺	
10:20					110mH				
10:35		100mH		100mH					
10:45						100mH			
11:00		Triple Jump ⁺		Triple Jump ⁺		Triple Jump ⁺	Discus ⁺	Shot put ⁺	
11:05							100m Final ⁺		
11:15								Javelin ⁺	
11:20					High Jump ⁺			100m Final ⁺	
11:35					100m heat ⁺		Long Jump 3 ⁺		
11:50			100m heat ⁺						
12:00					Discus ⁺	Shot put ⁺			
12:05	100m heat ⁺								
12:20	Triple Jump ⁺		Triple Jump ⁺		Triple Jump ⁺	100m heat ⁺			
12:35				100m heat ⁺					
12:50	High Jump ⁺	100m heat ⁺							
13:00				Long Jump 3 ⁺	100m Final	Javelin ⁺			
13:05					Shot put ⁺	Discus ⁺			
13:10			100m Final						
13:15						100m Final			
13:20				100m Final					
13:30	Main program: Opening								
13:45	400m Race Runners (Race-Runner + Wheelchair user run, Participation of other athletes possible)								
13:50		Long Jump 1 ⁺							
14:00	Shot put ⁺	Discus ⁺	Shot put ⁺	Discus ⁺					
14:05	*100m F A+B								
14:15		Javelin ⁺							
14:20		*100m F A+B							
14:50	*400m	High Jump ⁺							
15:00	Discus ⁺	Shot put ⁺	Discus ⁺	Shot put ⁺					
15:05			Long Jump 2 ⁺						
15:10	*Long Jump 1⁺	*400m							
15:15									
15:30	800m ⁺				Javelin ⁺				
15:40		800m ⁺							
15:50			800m ⁺		800m ⁺				
16:00		Hammer		Hammer		Hammer			
16:05				800m ⁺		800m ⁺			
16:30	4x100m		4x100m		4x100m				
16:45		4x100m		4x100m		4x100m			
16:45					Long Jump 1 ⁺	Long Jump 2 ⁺			
16:50	Javelin ⁺								
17:00	200m ⁺								
17:15		200m ⁺							
17:30					200m ⁺				
17:35	Hammer		Hammer		Hammer				
17:45						200m ⁺			
17:55	1500m ⁺		1500m ⁺		1500m ⁺				
18:10		1500m ⁺		1500m ⁺		1500m ⁺			
18:25	4x400m Mixed								

*TOP Competition

+ Competitions where inclusion is possible, for 100m, this is also a final run

For 100m-Finals Men/Women/U20/U18 the winner of the heats and fastest in time are qualified.

All other runs are final runs.