

	Jaiur	day 7th		<u>کا</u>	I
k			Field		
10:00 80mH	Mas Women	2		Long Jump	U20 + Senior Women
100mH	U18, U20SM Women	13		Long Jump	U20, Senior Men +CE
100mH	Mas Men	1		Long Jump	Master Women
110mH	U18, U20SM Men	7	14:00	Long Jump	Master Men
100m	All Men CE	6			
				Shot Put	U20, Senior Men, Mas O35-49
10:40 1500m	Women	29		Shot Put	Master Men O50+
11:00 1500m	Men	44		Seated SP	All
11.20 110			-	Shot Put	U20 + Senior Women
11:30 110mH 100mH	Series 2	6		Shot Put	Men CE
	Series 2	7		Shot Put	Master Women
				Weight D	Men
12:00 3000m SC	Women	2	16:00	Weight D	Women
12:00 2000m SC	U18 Women	3			
				Javelin	U20 + Senior Women
12:20 100m	Women (U20U23SM)	65		Javelin	Master Women
13:00 100m	Men (U20U23SM)	82		Javelin	U20 + Senior Men
				Seated JT	All
14:00 2000m SC	U18 Men	6	13:00	Javelin	Master Men
14:10 3000m SC	Mas Men	2			
14:25 3000m SC	U20, Sen Men	1		Seated DT	All
				Discus	Women
14:40 100m	Finals (U20, U23 Sen)		15:30	Discus	U20 + Senior Men
	Series 2 where no Final		16:30	Discus	Master Men
	W/omon	31		<b>D</b> I V/ II	Mamon
15:00 400m	Women			Pole Vault	Women
15:00 400m 15:20 400m	Men	52		Pole Vault Pole Vault	Men
			12:30		
		52 6	12:30 TBC	Pole Vault High Jump	Men Combined Events
15:20 400m	Men	52	12:30 TBC	Pole Vault High Jump	Men
15:20 400m 16:00 400m	Men Men CE	52 6	12:30 TBC	Pole Vault High Jump s available	Men Combined Events
15:20 400m 16:00 400m	Men Men CE	52 6	12:30 TBC Heat	Pole Vault High Jump s available t the Short F	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m.
15:20 400m 16:00 400m	Men Men CE	52 6	12:30 TBC Heat	Pole Vault High Jump s available t the Short H d Direction	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m. choosen at start of first set
15:20 400m 16:00 400m	Men Men CE	52 6	12:30 TBC Heat	Pole Vault High Jump s available t the Short H d Direction	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m.
15:20 400m 16:00 400m	Men	52 6 8 	12:30 TBC Heat	Pole Vault High Jump s available t the Short H d Direction of r	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m. choosen at start of first set
15:20 400m 16:00 400m	Men	52 6	12:30 TBC Heat	Pole Vault High Jump s available t the Short H d Direction of r	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m. choosen at start of first set
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH	Men Men CE 4x100m Sund	52 6 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	L12:30 TBC Heat Win une 202	Pole Vault High Jump s available f the Short H d Direction of r	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m. choosen at start of first set races for Event.
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men	52 6 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12:30 TBC Heat: Win une 202	Pole Vault High Jump s available t the Short H d Direction of r	Men Combined Events for U20 & Senior Athletes in Iurdles, 100m & 200m. choosen at start of first set
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men U18, JSM Women	52 6 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12:30 TBC Heat: Win une 202	Pole Vault High Jump s available f the Short F d Direction of r .5 High Jump	Men Combined Events for U20 & Senior Athletes in Jurdles, 100m & 200m. choosen at start of first set races for Event.
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men	52 6 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12:30 TBC Heat Win une 202	Pole Vault High Jump s available 1 the Short F d Direction of r 5 High Jump High Jump	Men Combined Events for U20 & Senior Athletes in Aurdles, 100m & 200m. choosen at start of first set races for Event. Women Men
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Men	52 6 8 1 1 1 1 1 1 1	12:30 TBC Heat Win UNE 202 10:30 11:30 12:30	Pole Vault High Jump s available 1 the Short F d Direction of r 5 .5 High Jump High Jump Triple Jump	Men Combined Events for U20 & Senior Athletes in Jurdles, 100m & 200m. choosen at start of first set races for Event. Women Men Women
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:00 800m	Men Men CE 4x100m Men CE Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Men Women	52 6 8 1 1 1 1 1 29	12:30 TBC Heat Win UNE 202 10:30 11:30 12:30	Pole Vault High Jump s available 1 the Short F d Direction of r 5 High Jump High Jump	Men Combined Events for U20 & Senior Athletes in Aurdles, 100m & 200m. choosen at start of first set races for Event. Women Men
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15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:00 800m 11:20 800m 12:00 5k, 3k Walk	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Men U18, JSM Men Men Somen	52 6 8 8 1 1 1 1 1 29 30 11 1	12:30 TBC Heat: Win 202 10:30 11:30 12:30 13:30 TBC	Pole Vault High Jump s available f the Short H d Direction of r 5 5 High Jump High Jump Triple Jump Triple Jump	Men Combined Events for U20 & Senior Athletes in Jurdles, 100m & 200m. choosen at start of first set races for Event. Women Men Women Men
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15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:00 800m 11:20 800m 11:20 5k, 3k Walk 13:00 200m 13:25 200m	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Men U18, JSM Men Women Men S Men + Women Men Men Men	52 6 8 8 1 1 1 1 1 29 30 11 1 29 30 11 1 6 3 6 6 3 6 6 3 6 6 1	12:30 TBC Heat: Win 202 10:30 11:30 12:30 13:30 TBC TBC TBC 10:00 11:00	Pole Vault High Jump s available f the Short H d Direction of r 5 5 High Jump High Jump Triple Jump Triple Jump Pole Vault Javelin Hammer Discus	Men   Combined Events   for U20 & Senior Athletes in   Jurdles, 100m & 200m.   traces for Event at start of first set   women   Men   Women   Men   Men   Women   Men   Women   Men   Women   Men   Women   Men CE   Women   Men CE   Women
15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:00 800m 11:20 800m 11:20 5k, 3k Walk 13:00 200m 13:25 200m 14:00 3000m	Men Men CE 4x100m Men CE Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Men U18, JSM Men Women Men S Men + Women Men Men Men Women Men Women Men Women	52 6 8 8 9 1 1 8 9 11 29 30 11 1 29 30 11 1 6 3 6 6 6 6 6 6 6 6 6 7 22	12:30 TBC Heat: Win 202 10:30 11:30 11:30 12:30 13:30 TBC TBC TBC 10:00 11:00 11:30	Pole Vault High Jump s available f the Short H d Direction of r 5 5 High Jump High Jump Triple Jump Triple Jump Pole Vault Javelin Hammer Discus Hammer	Men   Combined Events   for U20 & Senior Athletes in   Jurdles, 100m & 200m.   traces for Event at start of first set   vaces for Event.   Women   Men   Women   Men   Women   Men   Women   Men   Women   Men CE   Women   Men CE   U20 + Sen Men
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15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:00 800m 11:20 800m 11:20 5k, 3k Walk 13:00 200m 13:25 200m 14:00 3000m 14:30 3000m	Men Men CE 4x100m Men CE Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Women U18, JSM Men U18, JSM Men Women Men SMen + Women Men Women Men U20 Men + Mas O65+	52 6 8 8 9 1 1 8 9 11 29 30 11 1 29 30 11 1 6 3 6 6 6 6 6 6 6 6 6 7 22	12:30 TBC Heat: Win 202 10:30 11:30 11:30 12:30 13:30 11:00 11:00 11:30 11:30 12:30 13:30	Pole Vault High Jump s available f the Short H d Direction of r 5 5 High Jump High Jump Triple Jump Triple Jump Triple Jump Pole Vault Javelin Hammer Hammer Hammer H Hammer	Men   Combined Events   for U20 & Senior Athletes in   Jurdles, 100m & 200m.   traces for Event at start of first set   races for Event.   Women   Men   Women   Men   Women   Men   U20 + Sen Men   Men CE   Women   Master Men   Women
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15:20 400m 16:00 400m 16:10 Relays 10:00 110mH 10:30 300mH 400mH 400mH 11:20 800m 11:20 800m 11:20 5k, 3k Walk 13:00 200m 13:25 200m 13:25 200m 14:30 3000m 14:30 3000m 14:30 200m	Men Men CE 4x100m Sund Men CE Mas Women; Mas Men U18, JSM Women U18, JSM Women U18, JSM Men U18, JSM Men Women Women Men Women Men U20 Men + Mas O65+ U20+Sen Finals Mixed 4x400m	52 6 8 8 1 1 1 1 1 1 1 1 2 9 1 1 1 1 2 9 30 1 1 1 1 30 1 1 1 1 5 30 1 1 1 1 5 6 6 6 6 6 6 6 6 1 1 1 1 1 1 1	12:30 TBC Heat: Win 202 10:30 11:30 11:30 11:30 13:30 TBC TBC 10:00 11:00 11:30 11:30 11:30 11:30 11:30	Pole Vault High Jump s available f the Short H d Direction of r 5 	Men   Combined Events   for U20 & Senior Athletes in   Jurdles, 100m & 200m.   traces for Event at start of first set   races for Event.   Women   Men   Women   Men   Women   Men CE   U20 + Sen Men   Master Men   Women   Men   U20 + Sen Men   Men   Women   Men   Men   Men
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NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable Check-In for Events Closes at 14:00 Implement Check 1hr before event Schedule