9:50	Opening Cermonies	Females will go first in all running events with males to follow.	
9:55	National Anthem	Heats based on times with consideration of age group.	
10:00	80m Hurdles	A 5min break will be provided when event has no entries.	
Rolling	100m Hurldes	A Shiin break wiii be provided when event has no entri	
	110m Hurldes		
	100m Dash		
	1500m Run		
	400m Dash		
	4x800m Relay		
	200m Hurdles		
	300m Hurldes		
	400m Hurdles		
	4x100m Relay		
	800m Run		
	200m Dash		
	3000m Run		
	4x400m Relay		
	JUMPS SESSION 1		
9:30	Long Jump	Males open pit until 12:00	
9:30	Long Jump	Females open pit until 12:00	
10:00	Pole Vault	Females	
10:00	High Jump	Males	
	JUMPS SESSION 2		
12:30	Triple Jump	Males open pit until 2:00	
12:30	Triple Jump	Females open pit until 2:00	
ТВА	Pole Vault	Males to follow 45min after females	
ТВА	High Jump	Females to follow 30min after last male	
	THROWS SESSION 1		
10:00	Shot Put	Males Ring 1	
10:00	Shot Put	Females Ring 2	
10:00	Javelin	Combine Genders	
	THROWS SESSION 2		
	30min after session one is completed		
ТВА	Discus Throw	Males - North Ring	
ТВА	Discus Throw	Females - South Ring	
	THROWS SESSION 3		
	30min after session two is completed		
ТВА	Hammer Throw	North Ring	
		Combined genders in flights following co	mpletion of discus

6/13/2017 10:46:50