

## FRIDAY 1 MARCH

Session 1 - Morning				Session 2 - Evening			
08:30	Venue Doors Open		,	17:30	Venue Doors Open		
09:35	Pre-show Starts			18:30	Pre-show Starts		
10:05	60m Hurdles - Pentathlon	Women	Heats	19:05	1500m	Women	Round 1
0:20	400m	Women	Round 1	19:15	Long Jump - Pentathlon	Women	
0:55	High Jump - Pentathlon	Women		19:41	High Jump	Women	Final
1:00	400m	Men	Round 1	19:45	60m	Men	Semi-Final
1:06	Shot Put	Women	Final	20:10	1500m	Men	Round 1
1:40	800m	Women	Round 1	20:20	Shot Put	Men	Final
2:22	800m	Men	Round 1	20:50	400m	Women	Semi-Final
3:10	60m	Men	Round 1	21:10	400m	Men	Semi-Final
3:20	Shot Put - Pentathlon	Women		21:30	800m - Pentathlon	Women	Final
4:00	Session Ends			21:45	60m	Men	Final
				21:50	Medal Ceremonies		
				22:10	Session Ends		

## **SATURDAY 2 MARCH**

	Session 3 - N	<b>dorning</b>			Session 4	- Evening	
08:30	Venue Doors Open		,	17:30	Venue Doors Open		
09:30	Pre-show Starts			18:35	Medal Ceremonies and Pre-show Starts		
10:00	Long Jump	Men	Final	19:05	Pole Vault	Women	Final
10:10	60m Hurdles	Men	Round 1	19:10	60m Hurdles	Men	Semi-Fina
11:00	60m - Heptathlon	Men	Heats	19:30	High Jump - Heptathlon	Men	
11:20	60m	Women	Round 1	19:40	Triple Jump	Men	Final
12:10	800m	Women	Semi-Final	19:45	60m	Women	Semi-Fina
12:15	Long Jump - Heptathlon	Men		20:15	3000m	Women	Final
12:30	800m	Men	Semi-Final	20:40	3000m	Men	Final
13:35	Shot Put - Heptathlon	Men		21:00	400m	Women	Final
14:10	Session Ends			21:10	400m	Men	Final
				21:30	60m Hurdles	Men	Final
				21:45	60m	Women	Final
All times are subject to change			21:50	Medal Ceremonies			
All times are subject to change. All times are in GMT			22:15	Session Ends			





## **SUNDAY 3 MARCH**

	Session 5 - M	orning			Session 6	- Evening	
08:30	Venue Doors Open		1	17:30	Venue Doors Open		
09:35	Pre-show Starts			18:00	Medal Ceremonies and Pre-show Starts		
10:05	60m Hurdles - Heptathlon	Men	Heats	19:00	Pole Vault	Men	Final
10:18	Triple Jump	Women	Final	19:15	Long Jump	Women	Final
10:25	60m Hurdles	Women	Round 1	19:40	60m Hurdles	Women	Semi-Final
11:10	4 x 400m Relay	Men	Round 1	20:15	4 x 400m Relay	Men	Final
11:15	Pole Vault - Heptathlon	Men		20:30	4 x 400m Relay	Women	Final
11:38	4 x 400m Relay	Women	Round 1	20:45	1000m - Heptathlon	Men	Final
11:50	High Jump	Men	Final	21:00	60m Hurdles	Women	Final
13:45	Session Ends			21:10	800m	Men	Final
				21:20	800m	Women	Final
				21:30	1500m	Men	Final
				21:45	1500m	Women	Final
All times are subject to change.			21:55	Medal Ceremonies			
All times are in GMT			23:00	Session Ends			

