

**DAY 1: SATURDAY 24th AUGUST 2019**

Time	Men/Women	Event	Rounds
11:45	W	Discus Throw	Final
11:50	W	100m	Heats
12:30	M	100m	Heats
13:15	M	Long Jump	Final
13:20	W	400m	Heats
13:45	M	Pole Vault	Final
13:50	W	100m hurdles	Heats
14:07	M	Javelin Throw	Final
14:20	W	400m hurdles	Heats
14:45	M	High Jump	Final
14:48	W	100m	Semi-Final
15:05	W	Shot	Final
15:08	M	100m	Semi-Final
15:25	W	Triple Jump	Final
15:27	W	800m	Heats
15:46	W	Hammer Throw	Final
15:54	M	5000m	Final
16:17	W	3000m Steeplechase	Final
16:35	W	100m hurdles	Final
16:46	W	100m	Final
16:56	M	100m	Final
17:07	M	400m hurdles	Heats
17:35	M	400m	Heats
18:02	M	800m	Heats
18:30	W	1500m	Heats
18:50	M	1500m	Heats



DAY 2: SUNDAY 25th AUGUST 2019			
Time	Men/Women	Event	Rounds
11:25	M	Discus	Final
11:30	W	5000m walk	Final
12:10	M	5000m walk	Final
12:42	W	Pole Vault	Final
12:45	M	110m hurdles	Heats
13:08	M	Triple Jump	Final
13:10	W	200m	Heats
13:37	W	Javelin	Final
13:40	M	200m	Heats
14:08	W	High Jump	Final
14:11	M	400m hurdles	Final
14:22	W	400m hurdles	Final
14:36	M	3000m Steeplechase	Final
14:50	M	Shot	Final
14:53	M	400m	Final
15:04	W	5000m	Final
15:25	W	Long Jump	Final
15:29	W	1500m	Final
15:38	M	Hammer	Final
15:42	M	110m hurdles	Final
15:53	W	400m	Final
16:04	W	200m	Final
16:15	M	1500m	Final
16:25	W	800m	Final
16:37	M	800m	Final
16:48	M	200m	Final

Correct as of the 19th August