

# Programme 2013

Track Programme			Field Programme		
Time	(Match 4)	Event	Time	Division 1	Division 2
13:00	(12:30)	400m hurdles – Division 1 (A) 400m hurdles – Division 1 (B) 400m hurdles – Division 2 (A) 400m hurdles – Division 2 (B)	<b>Match 1</b> 12:00	Pole Vault	Pole Vault
			12:00	Javelin	Long Jump
			13:00	Long Jump	-
			13:15	Shot	Hammer
			13:15	-	High Jump
13:20	(12:50)	800m – Division 1 (A) 800m – Division 1 (B) 800m – Division 2 (A) 800m – Division 2 (B)	14:00	Hammer	Triple Jump
			14:45	High Jump	-
			15:00	Triple Jump	Shot
			15:15	Discus	-
			16:15	-	Discus
13:45	(13:15)	100m – Division 1 (A) 100m – Division 1 (B) 100m – Division 2 (A) 100m – Division 2 (B) 100m – Guest	<b>Match 2</b> 12:00	Pole Vault	Pole Vault
			12:00	Javelin	Long Jump
			13:00	Long Jump	-
			13:15	Shot	Javelin
			13:15	-	High Jump
14:15	(13:45)	3000m steeplechase – Div 1&2 (A&B)	14:00	Hammer	Triple Jump
			14:45	High Jump	-
14:35	(14:05)	110m hurdles – Division 1 (A) 110m hurdles – Division 1 (B) 110m hurdles – Division 2 (A) 110m hurdles – Division 2 (B)	15:00	Triple Jump	Shot
			15:15	Discus	-
			16:15	-	Discus
14:50	(14:20)	400m – Division 1 (A) 400m – Division 1 (B) 400m – Division 2 (A) 400m – Division 2 (B)	<b>Match 3</b> 12:00	Pole Vault	Pole Vault
			12:00	Javelin	Long Jump
			13:00	Long Jump	-
			13:15	Shot	Javelin
			13:15	-	High Jump
			14:00	Hammer	Triple Jump
15:15	(14:45)	1500m – Division 1 (A & B)  1500m – Division 2 (A & B)	14:45	High Jump	-
			15:00	Triple Jump	Shot
			15:15	Discus	-
			16:15	-	Hammer
15:35	(15:05)	200m – Division 1 (A) 200m – Division 1 (B) 200m – Division 2 (A) 200m – Division 2 (B)	<b>Match 4</b> 12:00	Pole Vault	Pole Vault
			12:00	Javelin	Long Jump
			13:00	Long Jump	-
			13:15	Shot	Javelin
			13:15	-	High Jump
16:00	(15:30)	5000m – Division 1 & 2 (A & B) (At match 4 replaced by 10,000m)	14:00	-	Triple Jump
			14:00	Hammer	Hammer
16:25	(16:15)	4 × 100m relay – Division 1 4 × 100m relay – Division 2		(A only)	(A only)
			14:45	High Jump	-
			15:00	Triple Jump	Shot
16:40	(16:30)	4 × 400m relay – Division 1 4 × 400m relay – Division 2	15:15	Discus	-
			16:15	-	Discus