

# Preliminary schedule

## Athletics

|               |       | AM  | PM  |
|---------------|-------|---|---|
| Sat 27th June |       | Training  | Training  |
| Sun 28th June | Men   |   | <b>Hammer</b><br><b>10,000m F</b><br>200m Rd 1<br>800m Hts<br><b>High Jump F</b>                  |
|               | Women |   | 100 m Rd 1<br>1500 m hts<br><b>Long Jump F</b>  |
| Mon 29th June | Men   | 400m Hurd Rd1<br>200 m Hts  | <b>400m Hurd F</b><br><b>200m F</b><br><b>3,000m S/C F</b><br><b>Shot Putt F</b>                  |
|               | Women | 100m S/F<br>400m Hts  | <b>100m F</b><br>400m S/F<br><b>10,000m F</b><br><b>Pole Vault F</b><br><b>Javelin F</b>          |
| Tue 30rd June | Men   | 110m Hurd Hts<br>4 x 100m Hts   | <b>110m Hurd F</b><br><b>800m F</b><br><b>Discus</b>  |
|               | Women | 100m Hurd Hts<br>800m Hts<br>4 x 100m Hts   | <b>100m Hurd F</b><br><b>400m F</b><br><b>1,500m F</b><br><b>Shot Putt F</b>                      |
| Wed 1st July  | Men   | 100m Rd 1<br>400m Rd1   | 4 x 400m Hts<br><b>5,000m F</b><br><b>Long Jump F</b><br><b>Javelin F</b>                         |
|               | Women | 200m Rd 1   | <b>Hammer</b><br>4 x 400m Hts<br><b>5,000m F</b><br><b>High Jump F</b>                            |
| Thu 2nd July  | Men   | 100m S/F<br>400m S/F<br>1,500m Hts  | <b>100m F</b><br><b>400m F</b><br><b>Pole Vault F</b>   |
|               | Women | 200m S/F<br>400m Hurd Hts   | <b>200m F</b><br><b>400m Hurd F</b><br><b>3,000m S/C</b><br><b>Discus</b><br><b>Triple Jump F</b> |
| Fri 3rd July  | Men   | <b>Half-Marathon F</b><br><b>1,500m F</b><br><b>4 x 100m F</b><br><b>4 x 400m F</b><br><b>Triple Jump F</b> |   |
|               | Women | <b>Half-Marathon F</b><br><b>800m F</b><br><b>4 x 100m F</b><br><b>4 x 400m F</b>                           |   |